

Psychological support when your child has long term ventilation needs

Paediatric Psychology Service/
Children's Airway and Home Ventilation

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Information for Patients, Parents & Carers

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What is a paediatric psychologist?

Psychological professionals have special training to understand why people feel and act the way they do. This can be Psychologists, Family Therapists, or Counsellors. They believe that children/teenagers and families can cope better by talking about difficulties and practicing new skills. They do not do physical examinations or give medicine.



They know that coping with long term ventilation (LTV) can be hard for families. Getting to this point may have felt scary and tough. The Psychology team is here help you and your family to understand and manage these changes and challenges. What you tell the us during appointments will be kept private. This is unless we are really worried about you or someone else because of what you tell us.

The Psychology team try to:

- help families live well with LTV and deal with challenges
- help families understand and cope with any difficult feelings you may have

Who can see the LTV Psychology team?

We can support any children or teenagers (age 0 to 19) having treatment. We can support family members with any problems or concerns linked to a young persons' LTV needs. This includes families within our service, living in Leicester, Leicestershire, Rutland, Northamptonshire, and beyond.

How can the Psychology team help?

We listen and support children/ teenagers and their families (including siblings). We help them to find a way forward and cope.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

We help families understand LTV and the changes and challenges that come with this. This can be helping families with:

- understanding and managing feelings such as worry, anger, guilt and other difficult emotions.
- coping with changes that happen because of LTV.
- worries about treatment, e.g. needles and/ or surgeries.
- upsetting memories of past treatment or time in hospital.
- talking about how LTV has impacted the family and how you can thrive in your new roles.

How will the Psychology team make contact?

A clinician will phone or write to you (or chat to you on the ward) offering an appointment. You can to attend an appointment by video call, phone call, or face-to-face. The clinician will talk to you about your concerns and how they can help. They will talk with you about what to do next. This can look like:

- having more meetings to work on some agreed goals if you and the clinician feel this will be helpful.
- agreeing for us to refer you for other support that would be more helpful.
- deciding that you and your family members do not need support from a psychologist or any other service at present.

How do I speak to the LTV Psychology team?

If you think it would help you or someone in your family to see the Psychology team, please ask a nurse or someone from the LTV team to help you get a referral.

Contact details: 0116 295 2959 (Monday to Friday, 9am to 5pm). This is not an urgent response service. If you need advice right away, please contact your GP or **111**, or call **999** or attend the Emergency Department.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net