

## Psychological therapy services at Queen Victoria Hospital (QVH)

The services provided by the Department of Psychological Therapy are part of the whole care package available to all QVH patients.

We offer help and support throughout the whole of your treatment pathway, as an outpatient and inpatient, from diagnosis to treatment and follow-up. Where required, we are also available to support your wider family.

You may be feeling low, very anxious, worried about your treatment or very alone, or perhaps staff have suggested that you might find our support beneficial at this time in your life.

Emotional/psychological support can help you to cope and begin to move forward.

## Concerns you may have:

There are many reasons people feel they need additional support. If you can answer yes to any of the following questions then you could benefit by talking to us.

- Are you worried about the operation or treatment you are due to have, or have had already?
- Are you finding your hospital stay difficult to cope with?
- Are you worried about coping with your changed appearance or functioning once you leave the hospital?
- Are you concerned about other people's responses to your appearance?

## Since your treatment:

- Do you feel you lack confidence?
- Have your relationships changed?
- Are there any other issues that worry you at present?

## The psychological therapy service offers:

- Inpatient and outpatient support.
- Single sessions or a series, depending on your individual needs.
- Social Interaction Skills Training - to help you learn how to increase your self-confidence in social situations.
- Trauma Focused Psychological Therapy – to help you manage any troubling thoughts and feelings following a traumatic event.
- Help to families and carers who may also experience difficulties or need support.

## When would I be able to see a member of the Psychological Therapy team?

You can be seen at any stage of your treatment, before admission or treatment, whilst in hospital or after discharge.

You may arrange a face-to-face visit or just ring for advice if you would prefer.

You can also be put in touch with services closer to home or other resources where appropriate and available.

## How to contact the psychological therapy service?

You may contact the department directly to speak with a staff member or leave a message, giving us your name and contact details for a team member to return your call.

### Psychological Therapy Team Tel: 01342 414478

Alternatively, you may ask a nurse, doctor or other clinical staff member to make the referral for you. After making an appointment, you will then be seen by a team member for an initial assessment to determine your needs.

*Please note the Psychological Therapy Service treats all enquiries and patient information as confidential.*

Burns Centre,  
& Canadian Wing

## Psychological Therapy Services

Please ask if you  
would like this leaflet  
in larger print or an  
alternative format.

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