

## Haematology

# Psychology services for haematology

It is well understood and recognised that a serious haematological condition affects the whole person. It can also affect the family of that person. It can feel like life has suddenly changed. It is normal to feel worried, frightened, sad, or angry when faced with a serious health condition.

This leaflet explains the haematology psychology service, what we do, and what difficulties we can help you with and how you can be referred into our service.

## What is a psychologist?

Psychology is the science of human behaviour – what makes people think and feel and behave the way they do. Physical health psychology explores the way that somebody thinks and feels and behaves especially when this causes them serious problems in their daily life.

Psychologists do not only work with people who have mental health problems; we also specialise in helping people cope with extraordinary circumstances. In the field of healthcare, we specialise in helping people cope with and adjust to the emotional trauma and stresses that can accompany a serious physical illness.

## How can psychology help me?

The Haematology Psychology Service provide a specialist level of support



## Patient Information

in helping patients and families cope with haematological conditions, its treatments, and its consequences. Some examples of the issues we work with are:

- Coping with a sense that the future is uncertain
- Coping with how this affects relationships
- Managing the demands of home and family life while caring for oneself
- Feelings of depression, anxiety and anger
- Coping with adjustment, change, loss
- Coping with pain, discomfort, fatigue and treatment side effects
- Coping with how your condition affects sexual functioning
- Coping with how it affects self-esteem and sense of self

This list is not exhaustive. Seeing a psychologist is just like seeing any other health professional. It is an opportunity to talk with someone trained in emotional and psychological well-being. It does not mean that you are weak or mentally ill.

A psychologist will help you think about different and perhaps more effective ways of coping with your issues and concerns about having a serious health condition. We may also be able to signpost you on to other services if appropriate. Many people who have seen a psychologist say it is helpful to discuss their situation in confidence with someone outside of the family.

If you would like to make an appointment, please discuss this with any member of staff, such as your consultant or clinical nurse specialist, who will refer you to the service.

Please note that there is currently a wait for the service, but we will endeavour to see you as soon as there is the capacity to do so. If you feel you need to be seen more urgently, please speak to a member of staff who will contact and discuss your needs with the psychologist.

## **What does psychology support involve?**

People react differently to these stressful life events and need different levels of support. Often your family and friends, and other health professionals provide the support you need. But some people need more specialist help.

If you decide to see a psychologist, the first meeting is an opportunity for you to get to know us, to discuss the problems you would like help with, and to see if you would like to meet again. The appointment will usually last between 30 and 60 minutes. You can be seen by yourself, with your partner, or even with your whole family – the choice is yours. After the first meeting we will agree together whether to meet again, how often and for how many sessions.

On average we offer 6 to 8 sessions of therapy. Some people need more and some less. We will offer appointments here at the University Hospital in Coventry and at St Cross Hospital in Rugby.

## **Where are we based?**

West Wing

University Hospital Coventry and Warwickshire

Coventry

CV2 2DX

Please speak to a member of staff if you wish to access this service.



Our therapy room is opposite the entrance to the ward. It is a non-medical room used solely for therapy.

## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 5549 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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