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checked by the  
Learning Disability  
Talk and Listen Group



Leicestershire Partnership  
NHS Trust

# Clinical Psychology

## Learning Disability Team



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.



Clinical Psychologists will help you with:

- difficult feelings – this could be because of things happening now or things that happened a long time ago
- making changes in your life such as how you cope with feelings or get on with other people

We also work with your carers, family, and the staff who support you, to help make things better for you.

### At your appointment



- Name
- Job

When the clinical psychologist meets you they will say:

- what their name is
- what their job is
- what will happen during your appointment



We may ask you questions about:

- how you are feeling now?
- how things were for you when the difficult feelings started?
- what you would like to be different?
- how things were when you were growing up?
- anything else important or difficult that has happened to you?

If you are not ready to talk about something that is okay.



We may ask your family and carers about how you are feeling.

We may ask your family and carers about the effect this has on your life now.



We will use this information to work out how best to help you.

The things that help are different for different people.

It might be:

- talking to you about your thoughts and feelings
- helping you to manage your feelings better
- helping you to find better ways of coping when you are upset
- helping your family or carers to support you better



## Working with you



We will work with you and other people who support you.

This could include your:

- doctor (GP)
- hospital
- social worker
- carer
- family/friends



We will write a care plan together about how to support you.

You can decide who helps to write your care plan.

We will make sure you get a copy of this.



When we start working with you we will make sure that you know how you can get in touch with us.

If you are waiting to work with us and you have a question, you can contact us:

## LD Access Team

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