

5. WHAT YOU CAN DO TO PREPARE

Many people find meeting with a psychologist helpful, and it can be hard work at times. Before you come to your first meeting, you could think about what you want to get out of your meetings. It is also helpful to come to the sessions with an openness to change and growth.

6. HOW TO CONTACT US :

You can ask to meet with a psychologist by calling 0116 295 3098 or by writing to the address below. We also accept referrals from professional workers who can complete a referral form on your behalf.

Suzanne Elliott
Clinical Psychologist
Homeless Mental Health Service
OSL House
East Link
Meridian Business Park
Leicester
LE19 1XU
Tel: (0116) 295 3098 or 295 8442
Fax: (0116) 2958443
suzanne.elliott@leicspart.nhs.uk

Staff who would like more information or additional referral forms should call us on the above number. Please feel free to photocopy and distribute this leaflet for service-users.



The Leicester Homeless Mental Health Service:
Health and Wellbeing category winner in Regional
Awards and finalist in National Awards 2008.

Speaking out ✂ Living peacefully
✂ Getting involved ✂ upholding
your human rights ✂ Doing things
differently ✂ Standing up ✂
Building better relationships ✂
Connecting with spirituality ✂
Being kind to yourself ✂
Challenging unjustness ✂ Finding
meaning ✂ Making positive changes
✂ Challenging inequalities of power
✂ Consciousness raising ✂ Letting
go of blame ✂ Finding your
community ✂ Sharing hurt ✂
Being empowered ✂ Resisting
prejudice and discrimination ✂
Remembering who you are ✂
Releasing feelings ✂ Being
compassionate ✂ Celebrating your
uniqueness ✂ Finding connections
with others ✂ Taking action ✂
Thinking about your environment ✂
Finding your place ✂ Supporting
wellbeing ✂ Telling your story ✂
Overturning oppression ✂ Finding
joy ✂ Taking part ✂ Respecting
yourself ✂ Exposing secrets and
denial ✂ Working together ✂
understanding yourself ✂ Joining
with others ✂ Making sense of what
has happened ✂ Discovering yourself
✂ Forgiving ✂ Respecting others ✂
Celebrating strengths and
achievements ✂ ✂ ✂ ✂ ✂ ✂

Leicestershire Partnership 
NHS Trust

PSYCHOLOGICAL SUPPORT FOR HOMELESS WOMEN



Homeless Mental Health Service 

This leaflet gives you information about:

1. What is a psychologist?
2. Who should see a psychologist?
3. What to expect
4. Confidentiality and our communication with other professionals.
5. What you can do to prepare.
6. How to contact us.

1. WHAT IS A PSYCHOLOGIST?

Psychologists work with people whose life experiences or current situation causes them discontent and distress. They are different from psychiatrists; for example, they cannot prescribe medication or admit people to hospital under the Mental Health Act.

Psychologists in the Homeless Mental Health Service work alongside the nurses and psychiatrists in the team.

2. WHO SHOULD SEE A PSYCHOLOGIST?

Anyone who is homeless can contact us to ask to see a psychologist. Often, women ask to see us when:

- They feel sad, angry or worried about something

- They have lost someone important and want help coming to terms with a bereavement
- They want to make sense of something distressing that happened in the past
- They want to make changes in their relationships

Our psychologists are skilled in working with women who have experienced childhood sexual abuse, domestic abuse, rape, bereavements, motherhood and self-harm.

We recognise that gender, culture, disability ethnicity and sexual orientation have a huge influence on our life experiences and we take account of this in our work.

3. WHAT TO EXPECT

You will usually be seen within 3 weeks of your referral being received. A psychologist will contact you to arrange the first appointment. We offer appointments in many convenient venues; we are often able to come to your hostel.

Each appointment lasts about an hour but can be less if you prefer. At first, you and the psychologist will use your appointments to get to know each other: you might talk about why you would like to see a psychologist, your background and what, if anything, has been helpful in the past. You will not have to talk about anything you are uncomfortable with. If you want to bring someone with you to support you to begin with, that's ok.

If you and the psychologist decide you would like to work together regularly, you will arrange to meet for further appointments. The psychologist will not tell you what to do, but you will work together to discover ways to change things that suit you.

We also offer group work; currently we offer a group for women who have experienced violent or abusive relationships, called The Freedom Programme. This is jointly run by the Homeless Mental Health Service, Border House Hostel and the Family Support Service.

4. CONFIDENTIALITY AND OUR COMMUNICATION WITH OTHER PROFESSIONALS

Whatever you talk about with your psychologist will remain confidential unless there are concerns about your safety or the safety of other people.

After your first meetings, your psychologist will write to your GP and the person who referred you. You and your psychologist will talk together about what information will be useful to pass on to your GP about your meetings.

Sometimes it is helpful for other professionals (eg GP, STAR, Social Services, hostels) to know about the work you and the psychologist are doing together; for example, what has been useful and how they can support the changes you might be making. You and your psychologist will talk about what it would be useful to share with other professionals.