

Families, Young People and Children's Services

The Paediatric Psychology Service

Information for parents, carers and young people



Paediatric Psychology Service
Artemis House (Westcotes House Site)
Westcotes Drive
Leicester LE3 0QU

Please Tel: 0116 295 2959/2994
if you wish to change or cancel your appointment

Details of where your appointment will be are included in your appointment letter. We hold clinics in various locations.

What is Paediatric Psychology?

The Paediatric Psychology Service works with children and young people who have physical health problems and may be experiencing difficulties related to their physical health. We are part of the child and adolescent mental health service (CAMHS). We work together with young people aged from 0 to 19 years and their families. The team consists of Clinical Psychologists, a Specialist Nurse and a Psychiatrist as well as Trainee Clinical Psychologists who work under supervision.

Our team can help children and families to understand and cope with the difficulties they might be experiencing as a result of their health problem or medical condition. We will aim to help with difficulties such as:

- Understanding and coping with a physical health condition or diagnosis
- Adjusting to taking and receiving medication
- Coping with pain e.g. headaches
- Dealing with thoughts, feelings and behaviour related to living with a physical health condition e.g. anger, anxiety or sadness
- Preparing for surgery or other medical procedures

Please note there may be a waiting list for our service. Young people over 16 years can consent to their own treatment and may be seen alone should they wish.

What will happen at my first appointment?

When you arrive for your appointment the clinician will meet you and show you to a room. Generally we will talk to the family together at first although we may also ask to speak to people separately. For children under 10 years in this initial appointment it would be really helpful if at least two adults could attend.

The first appointment may last up to an hour and a half and may involve completing questionnaires. There will be no physical examination and we do not prescribe medication, although with your permission we may refer you to someone who does.

The clinician may take notes during the appointment to ensure an accurate record is kept of the session. Information discussed during appointments will be kept confidential within certain limits, which will be explained in the appointment. During the first appointment the clinician will be asking questions and doing lots of listening. There will be an opportunity for you to ask questions too. We will then decide together what to do next.

Please contact us on the phone number on the front of this leaflet to let us know if:

- You are unable to attend the appointment
- You will need disabled access
- You will need an interpreter
- You have any questions or concerns.

What might happen next?

- You might decide that you do not need to see us again.
- You might prefer help from a different service.
- We might identify some goals for working together and arrange to meet for further appointments.

The clinician will write a letter about your visit to the person who referred you to us. A copy will go to your GP and you can also ask us to send copies to other people, including yourself.

Further appointments might involve the clinician working with the child or young person on their own or sessions just with parents or sometimes families together.

With your permission, we may also work together with other people such as teachers, nurses and speech and language therapists.

If you need this information in another language
or format please telephone 0116 295 0903 or
email: Patient.Information@leicspart.nhs.uk

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0903 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0903 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0903 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0903 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0903 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0903 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0903 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0903 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0903 یا ای میل پر رابطہ کریں Patient.Information@leicspart.nhs.uk