



Tell any of your healthcare team if you would like to come and meet us! Once they let us know, we hope to see you shortly after you request help. As we are a growing service, there may be a short wait after this appointment, before we can meet again to work on your goals.

- Dr Tracy McGlynn
Consultant Clinical Psychologist
- Dr Louise Harrold
Principal Clinical Psychologist
- Dr Sophie Little
Clinical Psychologist

This service is part of Child and Adolescent Mental Health Services (CAMHS), based in the Phoenix Centre, Raigmore Hospital.

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Getting the right help...

Our job is to help you get the right support. Sometimes when we meet a child or young person, it is obvious that they need help with something at school to help them feel happier in life. Together we can think of a plan and we can speak to school on your behalf if this would help.

Sometimes we meet people with a chronic illness and their biggest difficulty is not related to their health but something else e.g. struggling with panic attacks or relationship problems. Again we can with your permission speak to colleagues to see who is best to help.

Paediatric

Clinical Health

Psychology

A service to help you
and your family cope
with ill health,
treatment & managing
life

Information for Children and Young People

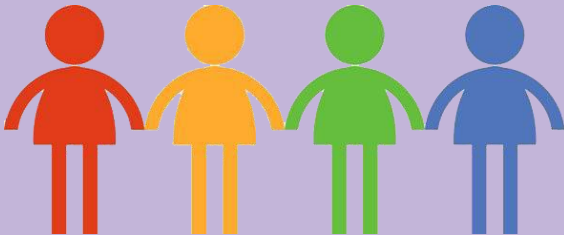


Who are we?

A Clinical Psychologist works with children with health difficulties. We see lots of children and young people who come to hospital regularly for help with their ongoing illness.

A psychologist works as part of the medical team, in the same way a physiotherapist, dietician or specialist nurse does. We all have different roles. Our role is helping you deal with upsetting feelings and/or behaviours that are making you unhappy.

It can be hard enough growing up at times, never mind having to cope with ill health too. We work closely with the professionals caring for you to try and make life as easy as possible for you. You can even help us by letting us know what you think would make being in hospital/having treatment an easier experience for you and others.



What can we help with?

- Feeling like you are not coping with your condition anymore
- Feeling very upset & anxious about procedures/treatment, or feeling lonely & that no one else gets it
- Having nightmares about hospital or not being able to stop thinking about what you have been through
- Struggling to cope with life after a chronic illness and trusting your body again
- Helping with moving up to adult services
- Coping with life not being the way you want it to be
- Making sense of your difficulties so you understand your upsetting feelings and your behaviour better
- Decision making e.g. treatment choices
- Space to talk about things like body image or fertility and learn ways to cope with change
- Helping to gain more independence
- Pain management

What will happen?

It is okay to feel worried about coming to meet us. Our job is to help you feel relaxed enough to talk about what you think and feel. Your parent can stay with you, and you can let them do most of the talking instead if you prefer!

We ask about some things to help us understand any problems that you are having:

- Growing up
- School
- Your family and friends
- Illness and worries
- Things that are going well

We will take some notes when we meet, and then write you a letter to tell you and other doctors how we may be able to help. We can talk about anything that you don't want written in this letter.

"Will you tell other people?"

We will not talk to anyone unless you say it is ok. If we were worried about your safety or about someone you know then we would have to seek advice, but we would tell you first.