

Psychology Support in Primary Care Patient Information

Introduction

Breathlessness can sometimes be frightening and distressing. This leaflet is to explain how a referral to the Clinical Health Psychology Service can help and support you.

What is the Clinical Health Psychology Service?

We are a team of psychologists who work with patients who are experiencing breathlessness or have been impacted by a respiratory condition such as Covid-19, Asthma or lung disease.

Having difficulty breathing can affect people's lives in many ways. It can affect the way we think and feel and the things we do. It is recognised in the NHS that looking after both the physical and emotional health of the person is important to them achieving the best possible quality of life.

Psychology in Primary Care

We are working alongside your healthcare team in your GP surgery to offer you support and to help you to achieve your goals. We are able to help with lots of difficulties including:

- Feeling down or low in mood
- Feeling stuck
- Feeling frustrated
- Feeling afraid, worried or stressed
- Having difficulty sleeping
- Finding it difficult to manage your condition

What will happen?

A referral can be made to us by any healthcare professional involved in your care. You can discuss referrals to the Clinical Health Psychology Service with any professional involved in your care, or they might suggest our service to you. Once we have received a referral, the psychologist will get in touch by telephone to arrange the appointment. You can choose whether you would prefer telephone or video call appointments.

During the first session you will have the opportunity to talk about some of the things that are difficult for you and with the psychologist think together about ways of improving these in the following sessions.

Working with your health care team

We always work closely with others involved in your care. The information you share within Psychology Sessions is confidential, and we will discuss with you when it might be helpful to share information with other professionals.

Do I have to attend?

It is entirely up to you whether you choose to attend an appointment with a psychologist and your decision will in no way affect the care you receive from the health service either at this moment or in the future.

For further information please contact:

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