

# Paediatric psychology service

This leaflet explains more about the paediatric (children's) psychology service and how it can help you and/or your child. If you have any further questions, please speak to a doctor or nurse caring for you.

## What is the paediatric psychology service?

The paediatric (children's) psychology service is run by clinical psychologists working alongside medical and nursing staff, as well as other members of the paediatric team.

Clinical psychologists are trained to understand how people think, feel and behave. The psychologists working within this service aim to help children and their families to cope with the psychological aspects of health and illness.

## Why might I / my child want to use the service?

Parents and children come to see the psychology team for all sorts of reasons, including:

- preparing for hospital procedures (surgery or injections, for example)
- anxiety about treatment
- coping with pain
- adjusting to a diagnosis or illness
- stress
- severe difficulties with feeding and/or toilet training
- problems with taking medicines or sticking to a particular diet
- management of children in hospital
- grief and bereavement
- trauma following an accident
- the effects of illness on the family.

Some people will meet with their psychologist several times, whereas others will only need to meet once or twice. When you attend the service, your psychologist will begin by talking to you and/or your child to find out how they can be of most help.

## Who can attend the service?

Anyone who has a child or young family member who is being treated at St George's can attend the paediatric psychology service. Referrals will usually be made by a member of the paediatric team, such as a nurse or doctor.

## Contact us

If you feel that you would benefit from seeing a psychologist, or if you would like further information, please speak to a nurse or doctor in charge of your child's care. Alternatively, you can call the service directly on **020 8725 2214** (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

---

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



**Reference:** PAE\_PPS\_02 **Published:** April 2018 **Review date:** April 2020