

Notes

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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The Clatterbridge
Cancer Centre
NHS Foundation Trust



Psychological Medicine Service

Rehabilitation and Support

A guide for patients and carers



This information is for patients who may benefit from the psychological medicine service at The Clatterbridge Cancer Centre. This leaflet will explain what psychological medicine is, who runs the service, how you can be referred and what will happen once you are referred to the service.

What is psychological medicine?

Psychological medicine is the branch of medicine concerned with the overlap between physical and emotional health.

The diagnosis and treatment of cancer causes great emotional stress for most patients and families. Some people adapt well to these stresses with the help of family, friends and support groups.

Often, people may benefit from further support or specific treatments such as self-help, counselling or medication.

We are able to offer this support and treatment by working with you in the outpatient clinics or wards at Clatterbridge Cancer Centre - Wirral alongside your GP and the team providing your treatment.

Who are we?

At The Clatterbridge Cancer Centre, we have two consultants in psychological medicine, supported by a specialist trainee, a counsellor and support staff, all based at the Wirral site.

What do we do?

We provide the following:

- Outpatient and ward assessments
- Self-help information and information about other services available
- Psychological support and therapies
- Medication advice and management
- Macmillan HOPE (Help Overcoming Problems Effectively) Course; a six week self-management course at the end of cancer treatment
- Eight week Mindfulness course

Referral to the service

Usually, someone from the team of people involved in your care at the Centre will suggest a referral to our service. Sometimes, your GP may refer you. In nearly all cases, they will have discussed this with you. If you do not know who referred you or why, please feel free to contact us at the number given below and we will be able to discuss this with you.

Appointments

Your first appointment will usually last about 1 hour.

Subsequent appointments will be for between 20 minutes to 1 hour.

If the appointment date and time you receive is inconvenient or you are too unwell to attend, please contact us and we will re-arrange this for you.

Should I bring anyone with me?

It may be helpful for a partner or close family member or friend to come with you, especially if you want to involve them in supporting you. We will not discuss your care with family or friends without your consent.

What will happen to my information?

A record of your consultation will be kept in your notes. A letter detailing the consultation and any agreed actions will be sent to you, the person who referred you and your GP. A copy is usually sent to any other relevant NHS organisations as appropriate for your care. If you have any concerns about this, please feel free to discuss this at your appointment.

If you have any questions

Please telephone the secretary on the number below and we will arrange to call you back as soon as possible.

How to contact us

Clatterbridge Cancer Centre - Wirral
Tel: 0151 556 5928

We look forward to meeting you.

