

## How to be referred to a psychologist?

If you would like to talk to a psychologist and this has not yet been offered to you, then you can ask your clinical nurse specialist (CNS) or your haematologist (doctor) to refer you.

## What happens once I have been referred to a psychologist?

If you are currently an inpatient, then the psychologist will aim to visit you on the ward. If you are an outpatient, then the psychologist will arrange an appointment with you.

Appointments normally take 50 minutes. It is an opportunity for you to discuss the problems you would like support with and to decide what kind of help will be most useful.

The appointment may be a one-off or you may agree to meet again. You will normally be offered between one and six appointments. Appointments may be weekly or fortnightly. If we decide that another service would be more appropriate, then we can help with making a referral.

## What about confidentiality?

The clinical psychologist will only share information that will help your medical team to support you. In addition, if the psychologist is concerned that you are, or another person is, at risk of some harm, then they are duty bound to inform the relevant professionals.

A record of the meeting will be written in your medical notes, electronic records and/or a summary letter will be written to your referrer and GP and you will be sent a copy.

### Contacts:

Tel. **0118 322 5111** (Switchboard)

Bleep **440** for Leukaemia CNS

Bleep **094** for Myeloma CNS

Bleep **446** for Lymphoma CNS

Bleep **439/330** for Myeloproliferative Neoplasm/Chronic Myeloid Leukaemia

Bleep **166** for Stem Cell Transplant

RBFT Haematology Department  
Reviewed: November 2024  
Next review due: November 2026



# Clinical Health Psychology Service for Haematology

Information  
for patients

---

**This information is for patients who are under the care of the Haematology Service as either inpatients or outpatients. The leaflet explains what a clinical health psychologist is, what difficulties they can help with and how to be referred to the service.**

---

The experience of a haematological condition is more than just the physical aspects of the disease and its treatment. There are emotional effects too, such as feelings of fear, anger and sadness, and these are quite normal. They may come and go, or can seem to be there most of the time.



## **What is a clinical health psychologist?**

Clinical health psychologists specialise in helping people cope with extraordinary circumstances, such as having a serious and/or chronic physical illness.

Psychologists spend a minimum of 6 years training before qualifying and are approved by the Health and Care Professions Council.

Clinical health psychologists are not medical doctors like psychiatrists; they do not prescribe medicine, and do not admit people into hospital.

A clinical psychologist will listen to what you have to say, and explore your problems and concerns. They will work together with you to focus on your strengths and resources to find ways to cope and manage alongside the demands of the physical illness.

## **What kind of help?**

Meeting with a clinical health psychologist can help you to:

- manage distressing thoughts and feelings;
- make more sense of the situation;
- consider the impact of the illness on yourself and those around you;
- look at how to harness your existing strengths in coping with things;
- develop new approaches to coping and to see how they work out in practice;
- work on the best ways for you to communicate with the people around you;
- cope with uncertainty of future health and treatment;
- adjust to everyday life whilst living with the effects of your health problem.