

## What is Paediatric Clinical Psychology?

Coping with medical conditions can be challenging at times.

The psychologist's role is to help children, young people and families begin to adjust to the changes that a medical condition can bring.



### Mission Statement

*We strive to provide an excellent Paediatric Psychology Service. We work collaboratively with children, young people, their families and professionals; empowering children and young people through their healthcare journey; helping to make sense of difficulties and improve well-being; and, supporting families towards living happy lives.*

## The Clinical Psychologist is here to:

- Support you to move forward after a diagnosis.
- Help you to feel more relaxed and confident when visiting the hospital and having medical procedures (e.g., blood tests, MRI scanning, etc.).
- Help you to respond to questions about the medical condition.
- Support young people to build confidence to deal with life's challenges building on your existing strengths.
- Encourage young people to manage their physical health condition and be as healthy as possible.
- Support young people with the move to adult services.
- Support brothers and sisters.
- Support families with bereavement.

## What happens when we meet?

The first appointment usually lasts about one hour. We can talk about your health and any impact the medical condition and/or symptoms may be having on your life e.g. school, your family, friends and interests.

Before meeting, I will read your medical notes to understand more about your experiences.

When we meet you will hear more about the service. We can also think together about how we or other services can help.



## What happens with the information you share?

### *Appointments*

Our service offers appointments between 9am-5pm. I will try to make this at a time that is good for you as much as possible. I would be grateful if you would let me know if you can't make your appointment as soon as you can. As the only Psychologist on the Children's Community Team, I won't be able to offer ongoing appointments if you miss two in a row without getting in contact.

### *Consent & Confidentiality*

It is your choice if you want to attend or not, and what information to share. After we meet I write to your referrer and GP with a summary of what we discussed. We can keep some of the information private if you do not want anyone to know. The only time I cannot do this is when I have concerns about someone's safety. In that case, I would try to talk to you about it first.

### *Patient feedback*

I might ask you to answer a few questionnaires so I can gather your views about how to improve the service. This would be anonymous and no one would be identifiable.

## Who is the Children's Community Team's Clinical Psychologist?

Dr Anne Murray



### Where can you find me?

#### **Paediatric Clinical Psychology Service** Torbay and South Devon NHS Foundation Trust

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Torbay and South Devon   
NHS Foundation Trust



**PATIENT  
INFORMATION**



**Paediatric  
Psychology Service in the  
Children's Community Team:**

**Information for  
Young People**