Where are appointments held?

The Clinical Psychology Department is based in the orange zone on the Lower Ground Floor of St Helens Hospital. Outpatients are generally seen within the department, or in clinics at Whiston Hospital. We also see inpatients on the wards at Whiston Hospital.

What happens to my information?

Confidentiality will be discussed during the first appointment. With the agreement of the people that we see, we will normally send updates of our work to the person who made the referral, their GP, and other professionals involved in providing care.

If someone does not want certain information to be shared with others, they can ask that the Clinical Psychologist keeps such information confidential. We will maintain confidentiality unless we are concerned about a person’s safety, or the safety of other people around them. When possible, we would discuss these concerns with the person before sharing information.
Introduction to the service

The Clinical Psychology Department provides services for people whose physical health condition or medical treatment is affecting their psychological or emotional wellbeing. Clinical Psychologists are trained to provide specialised assessment and therapy to help reduce distress and improve quality of life.

What does the service offer?

We can help with a range of difficulties, for example:

- Supporting people in coming to terms with, or adjusting to, a physical health condition and/or related treatment.
- Coping with uncertainty and change associated with a physical health condition.

- Managing feelings of anxiety and/or depression related to a physical health condition.
- Anxiety about medical/surgical procedures.
- Support in decision making regarding treatment and elective procedures.
- Ways to cope with the impact of unwanted side effects of a treatment (e.g. pain and nausea).
- Assessing and managing some of the difficulties that people can experience following a stroke – including emotional and possible cognitive changes (e.g. to memory, language, planning or movement).
- Assisting people to make lifestyle changes that maintain and improve health.

Accessing the service

People can be referred to the Clinical Psychology Department through their hospital team, or by their General Practitioner (GP). If you would like to be referred, please discuss this with the individuals involved in your care, and ask them to contact us.

How do Clinical Psychologists work?

We aim to support people by working together to develop a clear understanding of their difficulties and how these might be addressed.

We use a range of therapeutic approaches to best meet the needs of each individual.

Clinical Psychologists are not medical doctors or psychiatrists. We do not prescribe medication.

Sometimes people find that only a few sessions are enough to help them feel able to cope with their difficulties on their own. Other people may benefit from more long term input. We work together to decide the length of therapy which will be most helpful.