

Guided Self-Help Service

Paediatric Psychology and Liaison Service (PPALS)

Information for children, young people and families

What is the Guided Self-Help Service?

The Guided Self-Help Service is provided for children, young people and their families attending the Royal Hospital for Children and Young People (RHCYP), Edinburgh. It aims to provide information on coping with mental wellbeing issues that have arisen as a result of your medical condition.

What sort of information is offered?

We can provide information on coping with stress, anxiety, pain, tiredness, hospital procedures and other mental wellbeing issues.

What will happen at the guided self-help appointment?

You will meet an Assistant Psychologist at the RHCYP and, together, decide what information might be helpful to understand and cope with your difficulties.

You might work through some information or try out some strategies to help you manage. The Assistant Psychologist is there to help, but can also leave you to work at your own pace.

Who will the service share information with?

We will share information with your GP and the person who asked us to see you. It is also possible for us to share information with other professionals involved if you feel this would be useful. We will only share information that may help in your treatment and may help to provide you with a better service.

Is the service confidential?

Information is only shared with people who are working with you. If there are things you want to keep to yourself, we will respect this. However, if we have concerns about your safety, we have to report these and follow relevant child protection guidelines.

Measuring how helpful the service is

If you agree, we would like to collect information to find out if the service is working well. The information will be made anonymous. This means no one knows who filled the forms out. If you don't want to do this, it will not affect your care.

What happens next?

- If you would like to give guided self-help a try, please let your doctor or other team member know. They will pass on your details to the Assistant Psychologist who organises the service.
- The Assistant Psychologist will then give you a call or write to you to arrange a time for you to come along to the RHCYP.
- The session can last for up to an hour but you are free to leave when you want to. You will be offered between two and four sessions at first, but this can be altered to suit you.

For further information please contact:

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