

Paediatric Psychology and Liaison Service

Information for children, young people and families

The Paediatric Psychology and Liaison Service (PPALS) use psychological approaches to promote health, wellbeing and development.

Who are we?

The Paediatric Psychology and Liaison Service (PPALS) is a specialist team that includes clinical psychologists, psychological practitioners, neuropsychologists, psychiatrists, creative arts therapists and a nurse therapist. Trainees and assistant psychologists also work within the team under supervision. We are part of the NHS Lothian Child and Adolescent Mental Health Service (CAMHS) and receive support from the Edinburgh Children's Hospital Charity (ECHC).

Where are we?

We are based at the Royal Hospital for Children and Young People (RHCYP) at Little France Crescent. Buses 7, 8, 24, 33, 38, and 49 all pass nearby (see www.lothianbuses.com).

Pre-booked car parking is available on Little France Crescent (sections 1A, 1D and 1E) for patients and visitors with specific access needs (e.g. wheelchair access, severe mobility problems, severely sight impaired, medical equipment dependant, or assessed by their clinician as requiring closer access). These can be booked 24 hours before your appointment by calling 0131 537 3333 and selecting option 5.

Non-bookable spaces are also available in car park 1B. Parking is limited and can get very busy, so please allow extra time if you are coming by car.

Who is referred to us?

We work with children and young people who:

- Are under the care of a consultant at the RHCYP
- **And** have a physical health condition
- **And** are experiencing psychological or behavioural issues related to their physical health condition
- **And** the difficulties impact significantly on their day-to-day functioning.

Who makes the referral?

Professionals based within the RHCYP or CAMHS usually refer young people and/or their families to our team. Professionals will discuss a referral with you and gain your permission before contacting us.

What happens next?

We will contact you to arrange an assessment appointment. This usually takes place in a clinic setting. We may see young people on the ward if appropriate.

We have a waiting list, but will offer an appointment in due course.

What happens when we meet?

When we first meet with young people and/or their families, we usually:

- Talk about your concerns and try to make sense of them with you
- Try to think about things that might help
- Explain what our service offers
- Think about whether we are the best service to help you
- Come to an agreed plan between us.

We may meet with you more than once to do this and sometimes it is helpful to have your parent or carer at your appointment to think about your concerns.

What kind of work do we do?

We will try to help you and other people around you to:

- Understand the physical health condition
- Think about how this makes you and other people feel
- Look at ways of coping with different symptoms, emotions and thoughts
- Explore things that would help your overall wellbeing.

We also work closely with medical teams, schools and other professionals, and we meet regularly with different teams in the hospital.

Why do we work like this?

We think it is important to look at the whole person and things that may be affecting your physical health and wellbeing.

Research shows that:

- Children with physical health problems are more at risk of developing mental health difficulties
- Psychological approaches can improve how you cope and your quality of life.

Additional information

If you require an interpreter at your appointment, please let us know in advance and we can arrange this for you.

We may ask you to complete a short questionnaire during your appointment. This allows us to gather your views so we can use your ideas to help improve our service.

Who do we share your information with?

We will write to your GP and the referrer to update them about our involvement. We may also ask permission to send copies of these letters and/or to talk with other professionals working with you so that we can work together to help you.

The things we talk to others about are kept confidential and private, but if you want to keep some things to yourself then we can discuss this.

In Lothian, there are child protection guidelines used by health, social work, education and the police. This means that we have to report any concerns about a child or young person's safety.

Sometimes we ask if we can use your information for training or research. We will **always** explain to you exactly how we would like to use it and will ask for your permission first. Where possible, information is made anonymous before it is used.

What happens if you need help out of hours or at the weekend?

In an emergency, you should contact your GP (family doctor) or your medical team at the RHCYP.

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