

# Respiratory Psychological Services

## Service Information

### Why do we have a Respiratory Psychology Service?

Living with a respiratory condition can lead to many difficult feelings. Some people find it hard to cope. They may struggle with feelings such as low mood, worry, anger and fear. Sometimes people become overwhelmed by these feelings. How you are feeling can also impact your physical health.

### What do we do?

Our service will offer you an opportunity to talk with someone trained in emotional wellbeing. You can think together about different ways of coping with the impact of your health condition(s). Our team can also work alongside respiratory nurses, physiotherapists and doctors. Some examples of problems we can help with include:

- Feeling anxious or having panic attacks
- Low mood or feeling upset
- Coping with adjustment, change and loss e.g. feeling angry
- Worries or fears about the future, and coping with uncertainty
- Adjusting to your diagnosis and loss of confidence
- Coping with pain, fatigue and breathlessness
- Coping with the effects of the condition on your self-esteem
- Managing the demands of home and family life

### What to expect if you are referred to our service

#### Your first session

This might be your first time talking to someone about your feelings. We understand that this can feel daunting. We will make sure to go at your own pace to enable you to feel comfortable.

After your referral we might contact you to arrange an initial assessment with the Clinical Psychologist. During the assessment we will ask questions about areas such as your emotional wellbeing, physical health, employment, and your family/friends.

#### Self-help

After your assessment we might work with you to consider different resources you can use to help support your emotional wellbeing and respiratory condition.

## Talking therapy

We might also offer some sessions of talking therapy. If you agree to attend sessions our Clinical Psychologist or Assistant Psychologist will meet with you to work towards your goals for therapy. During social restrictions we have tried to remain accessible by offering telephone and video sessions.

## Signposting

Our service is here to support those who are managing a respiratory condition. After your assessment we may refer you to another service if we feel they can support you more appropriately or alongside support from us.

## Our team

Our team consists of a Clinical Psychologist and an Assistant Psychologist.

We can offer appointments from Monday to Friday, 8am - 5pm via telephone, video call, or in person when possible.

## How can I be referred to the CHFT Respiratory Psychology Service?

If you are a resident in Calderdale or Kirklees and receiving support for a respiratory condition from CHFT, you can discuss a referral to our service with your nurse/doctor/physiotherapist.

If your referral is accepted you will be sent an opt-in letter. You then have three weeks to respond with your decision to opt-in. If you opt-in you will be added to our waiting list and we will be in touch to arrange your first session.

## For more immediate support

Respiratory Psychological Services are unable to provide immediate 24 hour support. To receive urgent support you can contact your GP, call 111 for medical advice, or you can contact the local crisis number on 01924 316830.

If you have any comments about this leaflet or the service you have received you can contact :

Your referrer who will put you in touch with  
Respiratory Psychological Services

[www.cht.nhs.uk](http://www.cht.nhs.uk)

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"