

Up to 30% of adult Cystic Fibrosis (CF) patients show signs of depression and/or anxiety.

At times you may want some support to help you cope. The Psychology Service offers support from Psychologists who are specifically trained to carry out talking therapies. The aim of these therapies is to help you better understand and cope with whatever difficulties you are facing.



There are usually between six and twelve sessions lasting fifty minutes each.



If you have any queries or would like to find out more please do not hesitate to contact us.

CF Psychology Service

West Midlands Cystic Fibrosis Centre
Birmingham Heartlands Hospital
Bordesley Green East
Birmingham
B9 5SS

Phone: 0121-424-2987
Please leave a message and we will return your call.
website: heartofengland.nhs.uk

Psychology Service Cystic Fibrosis Centre



a patient information leaflet

NHS

HEART of ENGLAND
NHS Foundation Trust

Common Psychological Problems

We understand that living with Cystic Fibrosis may present many emotional challenges on top of all the usual life difficulties. Typical problems include:

- ◆ *Coping with treatments.*
- ◆ *Worries about medical procedures.*
- ◆ *Being in hospital often or for long periods.*
- ◆ *Making difficult decisions about the future.*
- ◆ *Anxiety and depression.*
- ◆ *Fears about dying.*
- ◆ *Body image concerns.*
- ◆ *Work and relationship stress.*
- ◆ *Fertility issues.*

These concerns are understandable and it is not surprising that people may sometimes struggle to cope and become anxious or depressed. At times, you may want some support to help you manage.

What is a Psychologist?

Psychologists have a minimum of 6 years training in different therapies, such as cognitive behavioural therapy (CBT). They are approved by the British Psychological Society. They are not medical doctors and do not prescribe medication.

They help ordinary people like you cope with the emotional stresses that accompany physical illness. It is the situation that is extraordinary, NOT the person.

What Will Happen?

- ◆ At the first assessment meeting, you will be asked about your problems, and together we will decide how to proceed.
- ◆ Treatment is usually between six and twelve sessions, and each one lasts for fifty minutes.

Confidentiality

Psychologists work as part of the wider multidisciplinary team (MDT) but anything you tell them remains confidential unless there are exceptional circumstances, for example if there are concerns about risk.

Inpatients

If you have been referred as an inpatient, every effort will be made to see you before you are discharged but unfortunately this is not always possible. In these circumstances, you will be sent an out patient appointment.

How Can I Get Referred?

- ◆ If you would like to talk to a Psychologist, you can either refer yourself or speak to any member of the team and they will be happy to refer you. Contact information is provided on the back of the leaflet.
- ◆ Waiting times vary but do not exceed eight weeks.