

ACHD psychology service Freeman Hospital - Service update December 2021

The waiting list for psychology service is closed temporarily to all but **urgent referrals** due to the Clinical Psychology Lead leaving. Please find below some sources of online support, helpline support and face-to-face support for common mental health issues. Your GP is also a good source of support and should have options available to them such as counselling, CBT and social prescribing (e.g., for activities like gym membership).

There is also the monthly transplant café that run by Lucy Attenborough, psychologist at the Freeman transplant unit, (online) and all are very welcome. The café is a supportive and informal place to meet others who have been through the transplant process or are on the waiting list. Please contact Jeanette (team secretary 0191 213 8248) to register your interest or email: nuth.healthpsychology-2@nhs.net

Remember that it is better to take small steps, like going out for a walk, than to aim too high and feel over whelmed. Getting outside and walking is one of the best and most accessible ways to improve your well-being and your physical health. Set small achievable goals each day around a physical activity, a social activity, a mental challenge, and some relaxation. Look at the NHS health pages for more information about exercise and mental health:

www.nhs.uk/better-health/get-active/

www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/

A-Z of support services

www.anxietyuk.org.uk

Anxiety UK – help to live with, and understand, anxiety also have a helpline (08444) 775 774.

assisttraumacare.org.uk

Post-Traumatic Stress Disorder (PTSD) support and helpline 01788 551919.

www.cruse.org.uk/

Bereavement support, also have a helpline 0808 808 1677.

www.mind.org.uk/

Support for depression and other mental health issues they also have a helpline 0300 123 3393.

www.recoverycollegeonline.co.uk/

Free courses on managing your mental health. Free to use. Excellent resources.

www.samaritans.org

Samaritans – Emotional support when in distress or despair. Helpline 116 123 (landline and mobile).

Shout

Free, confidential, 24/7 text messaging support service for anyone who is anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. Text CONTACT to 85258

www.talkinghelpsnewcastle.org/resources/

A range of resources free and online for managing mood and anxiety produced by Newcastle Hospitals Trust.

www.talkinghelpsnewcastle.org/

Newcastle Hospital Trust Talking Helps therapy service (takes online self-referrals or call 0191 282 6600, your GP can also refer you).

Please keep in touch with the outpatient team about your mental health and if you feel that your symptoms are worsening do let us, or your GP, know straight away.