

# The Psychologists at GOSH



Information for children

Great Ormond Street Hospital for Children NHS Trust

## What is a psychologist?

Our team works with children in the hospital and their families. We also work with some of the other people you might meet in the hospital, like doctors and nurses.

We see children for lots of different reasons. Coming to hospital can sometimes feel a bit scary. You might have some worries, be frightened, angry, or maybe a bit stuck with a problem. A psychologist can talk with you about what might help to make things better. Or we could give you some ideas about how to cope. We might talk about:

- Worries about being ill – or feeling worried about what might happen to you
- Being in hospital
- Having injections or operations
- Talking with your friends about your health – it can be hard to know what to say
- Helping if you have a lot of pain
- Worried about feeling “different” from other children – if you are missing out on school, feeling worried about a scar, looking a bit different from other children or how to manage bullies.
- Help with going to school

## What will a psychologist do?

We’re a bit different from other doctors. We don’t give medicines or do any of the tests you might have in hospital. When we see a person, we might talk, or draw, to try and understand what they feel “stuck” with. We try to learn more about you. What are you like? What do you want to talk about? Is there something you would like to be different?

We might talk to you on your own or choose to have someone with you. Sometimes we might talk to you for a bit and then talk to your family too. Our meetings usually last for about an hour.

You don’t have to talk if you don’t want to. Nobody will laugh or think you are silly and you can talk about whatever is important to you.

Our talks can be private. Your psychologist will ask you what you want to tell other people. We tell your doctor here that we’ve seen you – but we don’t tell others what you’ve said without talking to you first.

You can ask us any question you like. At the end you can talk with the psychologist about if you want to meet again.

## Millie's Story

Millie and her parents came to the hospital to see her doctor about an operation she needed. Millie felt frightened about having the operation because she was afraid of needles. She didn't know what the operation would be like. She said she felt scared about having a scar, and sad about missing time with her friends and at school.

Millie and her parents came to see a psychologist at the hospital who talked with them about her worries. Millie talked and did some drawings with the lady she saw. Together they made a plan for having the operation – mum and dad helped. Millie learned how to deal with worries about the operation. The psychologist came and met with Millie and the doctor to talk about what her scar might be like. The psychologist gave Millie some ideas about what she could say to her friends about the operation.

Millie and her parents stuck to their plan with the help of the doctors and nurses on the ward. The operation went well! The psychologist came to see her on the ward, and they talked about how Millie could start doing her school work and planned when she could go back to school.

*Everybody is different, and your worries might not be the same as Millie's. But, a psychologist would be happy to talk with anything that you've felt stuck with.*



**If you want to talk to a member of the  
Paediatric Psychology Team, please ask  
your doctor or nurse to arrange this.**

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