

# The Dermatology Psychosocial Service

A photograph of two adult King penguins and a small, fluffy chick standing on a snowy or icy surface. The penguins have black heads and backs with white chests and a distinctive yellow-orange band around their necks. The chick is covered in white downy feathers with a black cap. The background is a soft, out-of-focus blue and white.

Information for families

Great Ormond Street Hospital  
for Children NHS Foundation Trust

## What do we do?

Having a serious skin condition can have a big impact on a person's life. Some challenges that families and children tell us about are:

- How the skin condition affects the rest of your life
- Feeling upset about how you look
- Dealing with teasing and bullying
- Dealing with people who ask questions or stare
- Doing all the things that you want to do in your life when you have a serious skin condition
- The extra challenges you have to face because you have a skin condition like unpleasant treatments such as creams, needles, having to come to hospital all the time, pain, and itching
- Practical and financial implications such as having to make frequent hospital visits or paying for special clothing
- Finding support services in your local area.

The quality of life of all children and families who come to GOSH is important. Talking to a psychologist, social worker or family support worker can help you find solutions to challenges so that you can lead the kind of life that you want to lead.



## Who are we?

We all work closely with the rest of the dermatology team to come up with ideas for how best to help you with your skin condition.

- Clinical Psychologists
- Social Worker
- Changing Faces Practitioner
- Family Support Worker
- Trainee Clinical Psychologist
- Undergraduate Assistant Psychologists
- Administrator
- Play Specialists
- Play Workers



## What can we offer?

All dermatology patients at GOSH and their families can be referred to come and see us. We can offer a range of services including;

- One-off meetings for advice and information
- Psychological interventions for more challenging situations

Psychosocial team members are available for quick consultations in some outpatient clinics and on Penguin Ward.

## How do you get in touch with us?

Please ask your dermatologist or dermatology nurse to refer you. Alternatively, speak to your GP about what help is available in your local area, such as your local child and adolescent mental health services (CAMHS).

## Confidentiality

Things that you tell us will remain private, unless it is important that we inform other professionals involved in your care. However, wherever possible, any sharing of personal information will be discussed with you beforehand.

## Notes

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Compiled by the Dermatology Psychosocial Team

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