

# Psychology Services for PIMS-TS Families

This leaflet sets important information about psychological support at GOSH, how to access this, what to expect, and how you can contact the Psychology team.

## What is the GOSH Psychology Team?

At GOSH there are clinical psychologists who work with different wards and medical teams. Our team is here for you to talk about any worries or concerns you might have about PIMS-TS or your experience in hospital. We know that this can be very difficult and we are here to help. For this reason, you and/or your child can access psychology support from the Long-Term Health Psychology team during your child's inpatient stay and in their follow up care.

## What can we support you with?

Together, we can develop strategies to help you/your child cope better when you are feeling upset, worried, angry, or frightened. Our team can help you with a range of worries or concerns, including:

- Understanding your illness and how to manage your symptoms
- Helping you and your family to talk about your illness or hospital experience more openly
- Managing feeling different from friends and families

- Coping with feelings of stress, low mood or worry related to your illness
- Linking you in with other internal or external services for support with other difficulties, such as changes in behaviour or mood or difficulties returning to school

## How is psychology included as part of my child's inpatient care?

A member of the clinical team may speak with you about accessing support from psychology while your child is in hospital. Equally, you are more than welcome to ask a member of the clinical team to put in a request to meet a psychologist on your behalf.

## How is psychology included as part of my child's outpatient care?

As a part of the PIMS-TS follow up clinic, you and your child (if they are 8 years old and older) will be asked to fill out questionnaires which help us identify if you may benefit from psychology support. You are also more than welcome to request an referral to psychology through the clinical team should you, your child, or anyone else in your family find it helpful to speak with us.

