Psychology in Dermatology Service

This leaflet explains about the Psychology in Dermatology Service. If you have any further questions, please speak to a doctor or nurse caring for you.

What is the Psychology in Dermatology Service?
The Psychology Service within dermatology provides emotional support for individuals with any skin condition under the care of the following clinics: general dermatology, psoriasis, eczema, hidradenitis suppurativa, immunobullous, vulval, hair and nail, urticaria, photodermatology and vitiligo. Psychology is a core aspect of dermatological care at Guy’s and St Thomas’ as we recognise that skin problems can have an impact on wellbeing. We often meet with individuals experiencing difficulties related to their skin condition which have a direct or indirect impact on their emotional wellbeing and quality of life.

How can the Psychology in Dermatology Service help you?
The Psychology Service can work closely with you to find ways to enhance your wellbeing. This work may include supporting you to manage:

- the impact of the condition on your day-to-day life (including work, hobbies and relationships, including sexual relationships)
- coping with treatment (for instance medication, side effects, needles)
- adjustment to or managing the uncertainty of the future with regards to the condition
- your management of the condition over the short and long term
- the effect the condition may have on your feelings about yourself and your appearance
- decision-making and treatment planning
- lifestyle factors (for instance weight, alcohol use, physical activity)
- anxiety, worries or low mood related to the condition.

How does the Service work?
You may briefly meet with a psychologist when you attend your dermatology clinic either alongside another member of the team or separately. It is also possible to meet with the psychologist on a separate hospital visit or by phone or Skype. These appointments normally last for approximately one hour. Your appointment may be a one-off session or a series of appointments may be arranged, depending on your needs. Sometimes we are able to recommend other services that may be more suited to meeting your needs.

If you would like to meet with a psychologist, please tell a member of the dermatology team that you would like to be referred.

Who are we?
We are a group of three friendly Health and Care Professions Council (HCPC)-registered psychologists who are interested in working with people with a variety of skin conditions.
Useful sources of information

Skin Support
The Skin Support website was developed by the British Association of Dermatologists (BAD). The website provides a wealth of information on various skin conditions and treatment, self-help materials and access to support services.

w: http://skinsupport.org.uk/

Guy’s and St Thomas’ website
This page of our website has other leaflets about the different skin conditions and treatment you may receive at the hospital. We also have a leaflet on other organisations and self-help materials that support people with skin conditions.

w: https://www.guysandstthomas.nhs.uk/our-services/dermatology/patients/patient-leaflets.aspx

Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website
Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, w: www.guysandstthomas.nhs.uk/leaflets, or e: patientinformationteam@gstt.nhs.uk