

# Psychological support available in the BRCA family service clinic and for cancer genetics clinic patients

**This leaflet describes the psychological services available in the BRCA family service clinic and available also to patients seen in the cancer genetics clinic. If you have any questions or concerns, please contact the person caring for you within the genetics service.**

## What can I expect from a meeting with a clinical psychologist?

A clinical psychologist can help with any psychological issues, stress or anxiety that you may be encountering. You may want to speak to a clinical psychologist for a range of reasons. For example:

- you may feel stuck in a difficult situation
- you may be experiencing a lot of stress
- you may be struggling to deal with a family history of cancer
- you may need some support with making difficult decisions.

Most people benefit from talking to someone when they are going through a difficult time. Sometimes it is easier to talk to someone outside of your immediate circle of friends and family.

It is not uncommon when someone feels weighed down by a problem for them to lose sight of their own strengths and capabilities. Your clinical psychologist will try to help you rediscover your own strengths, resources and coping skills. Recalling past successes at a time of great need is one of the best ways to start resolving issues that come with a new diagnosis.

## How can I arrange a meeting with a clinical psychologist?

If you would like to talk to a clinical psychologist, please contact us using the details overleaf.

You may request a clinic or a telephone appointment. Alternatively, we can direct you to your local services. If you have been invited to the BRCA family service clinic and would like to see the clinical psychologist there, please tick the relevant box on the reply slip. If you have been seen in the cancer genetics clinic, you can ask the person who met you to make a referral.

## Contact us

Clinical Genetics Department  
7th Floor, Borough Wing  
Guys Hospital  
Great Maze Pond  
London SE1 9RT

Phone: 020 7188 1364

Website: [www.guysandstthomas.nhs.uk/our-services/genetics/overview.aspx](http://www.guysandstthomas.nhs.uk/our-services/genetics/overview.aspx)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### 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](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language 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](mailto: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 Choices

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

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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