

# Clinical Health Psychology service video transcript

0:00:00.720,0:00:05.760

We are the clinical health psychology service.  
We are a team of psychologists working closely

0:00:05.760,0:00:11.200

with community services and specialist  
services run by the Royal Berkshire Hospital.

0:00:11.200,0:00:16.080

We can provide support if the symptoms of your  
long-term health condition or side effects of

0:00:16.080,0:00:21.840

treatment are causing emotional and psychological  
problems that are impacting your lifestyle and

0:00:21.840,0:00:28.320

relationships. We can help you make sense of  
your condition, find new approaches to coping,

0:00:28.320,0:00:33.040

communicate with the people around you, and  
address any uncertainty you might have about

0:00:33.040,0:00:38.720

future treatments and living with an illness.  
Some of our services can also include your loved

0:00:38.720,0:00:44.000

ones and look at how you cope and manage

together. You might find that you can cope

0:00:44.000,0:00:48.960

with the situation by yourself or with help from friends and family. But we're here for

0:00:48.960,0:00:55.280

you if extra support may be helpful so you can achieve your goals for improved quality of life.

0:00:55.280,0:01:00.560

To access our service, you need to be under the care of a service we work with. You can ask a

0:01:00.560,0:01:06.000

health care professional such as your GP, consultant, or clinical nurse specialist to

0:01:06.000,0:01:12.240

refer you. Unfortunately, we're unable to accept self-referrals. Your treatment and appointments

0:01:12.240,0:01:17.280

will depend on your needs and the services you currently receive. We can offer online

0:01:17.280,0:01:21.600

appointments if this is easier for you. We will work with you to create the right

0:01:21.600,0:01:26.400

treatment plan for your needs with input from other services as well as health

0:01:26.400,0:01:31.360

care professionals involved in your care. You can find more information about the

0:01:31.360,0:01:37.360

clinical health psychology service  
and what we offer on our web page.