

# Accessing Psychology Services

FOR YOUNG ADULTS  
LIVING WITH HIV

## Information for young adults



This leaflet will tell you about the psychology team in the HIV Service at The Stonegrove Centre. If you would like more information then feel free to ask.

The psychology team includes psychologists and supervised trainees. We have kept things simple in this leaflet and just called them psychologists. Psychologists help people with mental wellbeing.

### **I'm not crazy, why would I see a psychologist?**



Seeing a member of the team does not mean you are "crazy". Living with HIV and its treatments can be hard work, especially on top of day-to-day life.

People living with HIV might feel upset, worried, angry, sad, or a mix of many emotions. It is normal to sometimes feel upset or worry when living with a condition like HIV and sometimes it can feel too much to deal with.

Psychologists specialise in helping people cope with the emotional stresses of living with conditions such as HIV. That is why they are part of The Stonegrove Centre.



## How can they help me?

The first step is for the psychologist to understand what challenges you are going through. They will want to listen to your story. They will ask questions to get a clear understanding of any problems you face and how you try to cope. They might ask about your friends, family, education, and work.



### They might:

- Support you in understanding HIV.
- Offer you the chance to talk through how you feel about living with HIV.
- Help you to think about how you can manage your treatment.
- Help you to cope with symptoms such as anxiety and depression that can occur as a result of living with HIV.
- Work with other members of your medical and nursing team to help support you psychologically.
- Support you to live well with HIV

**We can also talk about other challenges you may be experiencing.**





## **OK, so when can I see a psychologist?**

Psychologists provide telephone, video, and face-to-face support to young people feeling distressed because of HIV. You must be registered with Sheffield Teaching Hospitals Stonegrove Centre to be seen.

A psychologist does not usually attend the Young Persons' clinic. If you would like to see a psychologist then you can discuss this with your consultant or specialist nurse. You have to give your consent to be seen by a psychologist.

## **What if I need to be seen urgently?**



The psychology team is not an urgent service. There might be a waiting list to be seen outside of the Young Persons' clinic. You will be given an estimate of how long you will have to wait.

If you are really struggling or things change for you whilst you are waiting you can contact your GP or call NHS 111 (24 hour service).




## **Do I have to talk about everything?**

You will be asked to talk about your worries and difficulties. You don't have to talk about everything but it helps if you can be open and honest.

There may be some things that you feel uncomfortable about, and this will be respected.

# OK, if I do talk to them.....



## What will they do with that information?

The psychologist you see will keep a written record of the meeting. Only the psychology team have access to these records. What is said stays private and confidential. Information is only shared with other professionals involved in your care on a 'need to know basis'. The psychologist will discuss confidentiality with you.



## What about my medical treatment?

Your appointment with the psychologist does not change any medical treatment you are receiving, so please continue to take any medications or treatments as advised by your consultant and specialist nurse at The Stonegrove Centre.



## What if I agree to an appointment and then change my mind?

If you no longer want to be seen then please let the psychology team know by calling 0114 271 3555 so they can offer that appointment to someone else.

**You could use a note-taking app on your phone or some paper to write down anything you may wish to talk about before you call.**