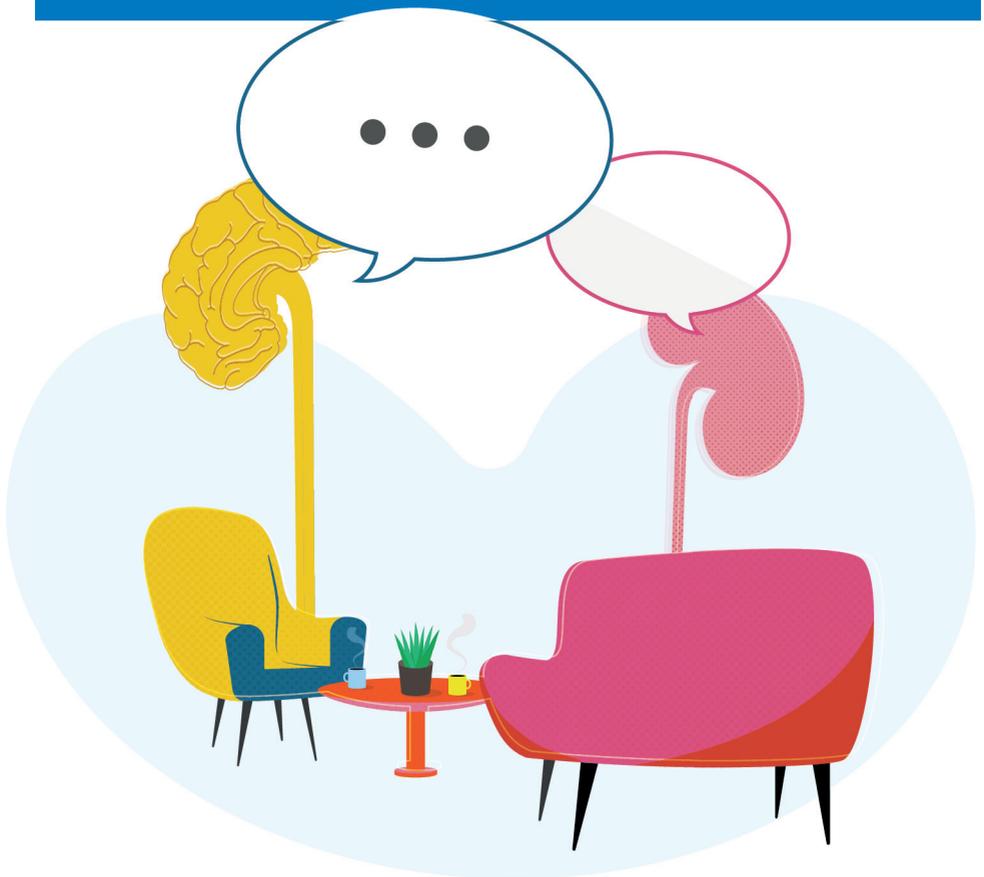


Renal Clinical Health Psychology and Counselling Service



It's natural that having a chronic kidney problem will create changes in your life which can be very stressful for you and your family. People can often feel very emotional and they can experience changes in mood and lifestyle.

If you are concerned about how you are feeling, talking to somebody is an important step. Often this is a friend or family member. For some people, however, they would prefer to talk to a professional like a psychologist or counsellor. Here are some services we run -

Psychological Therapy

Some people choose to attend regular planned one to one appointments. We offer psychological therapy which is evidence based and is proven to be helpful for people with health problems. In psychological therapy we talk with people about how they're feeling, what they are thinking about and how they are coping to help find ways to improve mood and general wellbeing. We don't prescribe any medical treatments but we do work alongside the nurses, dieticians and doctors. Confidentiality is very important and we will explain this when you attend the appointment.

Mindfulness for Health and Wellbeing

Many people feel like they are overwhelmed by worries about the future and concerns from the past. Learning to be more present with kindness to our experience has been shown to support emotional and physical health.

We offer 8 week mindfulness groups which use meditation as a way to help people to cope with the challenges that arise from living with a health condition. Our groups have been found to help people reduce stress, feel less anxious and depressed and become more self-compassionate.

Psychosexual Therapy

Living with a renal condition can often affect people's sexual relationships. This is something that many people are not comfortable talking about which can compound the problem. Our specialist psychosexual counsellor has worked with many couples and individuals around relationships and sexual difficulties. The service welcomes people whatever their relationship status or sexuality.

Some helpful information

We can see relatives of patients if they are also struggling with the impact of renal disease. Currently this is for adults.

- Appointments usually take place at St Luke's Hospital except for the groups
- Waiting times vary for appointments - 1:1 therapy having a wait of several months; groups run at intervals throughout the year;
- We don't offer a crisis service - help is available at **First Response** (01274 221181) if you need to be seen urgently for psychological help
- Our website gives you further information – <https://www.bradfordhospitals.nhs.uk/clinical-health-psychology/>
- Speak to a member of the renal team or your GP if you'd like to be seen in our service.

Common psychological problems in renal

- Feeling anxious or panicky
- Feeling low or depressed
- Feeling frustrated or angry
- Finding it difficult to cope with life on dialysis or life with a transplant
- Finding it difficult to cope with changes to work or social life
- Finding relationships difficult
- Feeling a sense of loss or grief
- Fearing and uncertainty about the future
- Finding it difficult to cope with changes to the way you look
- Losing confidence

Contact us

For more information please contact Clinical Health Psychology on 01274 365176.

We use Next Generation Text for people with hearing difficulties.

To contact us ring 18001 01274 365176.

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