

Accessing the service

We accept referrals from patients with kidney disease, their family/carers and professionals.

Patients and family/carers please complete the form below and send to **Clinical Health Psychology, Holywell Hospital, 60 Steeple Road, BT41 2RJ** or give to a member of the renal team.

Professionals should use the online referral form on the intranet under Clinical Health Psychology or send a referral letter to the above address.

Name _____

Address _____

Phone number _____

Patient or Family/carer (please circle)

Reason for seeking counselling

Name of consultant _____

Telephone **028 94 413127**

psychology.bvh@notherntrust.hscni.net



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Our Vision

To deliver excellent integrated services in partnership with our community

Renal Counselling Service

If you would like to give feedback on any of our services please contact:

Email: user.feedback@notherntrust.hscni.net

Telephone: 028 9442 4655



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Compassion

The Northern HealthTrust offers a counselling service for patients and their families/carers who have experienced kidney disease and are finding it difficult to deal with this diagnosis.

Finding out you have kidney disease can come as a shock and it may take a period of time to come to terms with the diagnosis and what this means for you. Having someone to talk to about how you are feeling can be helpful.

If someone has a physical health condition, it increases demands on everyday life. Physical conditions are known to be emotionally and behaviourally challenging and can impact on quality of relationships and living the way you want to live your life.

Who provides the service?

Counselling is provided by Libby Weatherup who is a trained counsellor working within the Clinical Health Psychology Service.

You may meet Libby in the dialysis unit or on Ward C7 in Antrim Area Hospital.

Why Counselling?

Counselling provides a confidential space to help people explore how they are feeling and look at ways in which they can manage at a particular time in their life. People come to counselling for lots of different reasons but some of the most common ones for people with kidney disease and their family/carers are:-

- Dealing with fear and anxiety
- Coping with symptoms such as tiredness and pain
- Depression or feeling low
- Worries about family and work
- Getting used to changes in life when starting dialysis or following transplant
- Changes in your body and how you see yourself
- Decision making about starting/stopping treatment or about transplant/donating
- Relationship difficulties
- Feeling overwhelmed by life

It can feel daunting at first, talking to someone about how you are feeling and coping, but many people find it supportive and helpful.

Confidentiality and information sharing

The things you talk about are private and confidential within the context of the care the NHS provides you. Relevant information will be shared with your GP and medical team. How information is shared will be discussed with you at your first appointment.

Appointments with the Counsellor

The service is provided Monday to Thursday between the hours of 9am and 5pm. Sessions are offered in Antrim or at one of our community venues. Counselling can be offered on an individual, couple or family basis, depending on what feels right for you.

Appointments last between 50-60 minutes and can be on a weekly or fortnightly basis. Some people may attend for a few sessions whilst others may feel they need to attend for longer.

Time is spent at the first appointment exploring what you would like from counselling and any concerns you may have.

