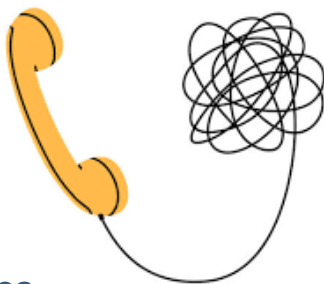


HELPFUL RESOURCES

If you are struggling with your emotions and you do not feel that this is related to your respiratory condition, it may be helpful to discuss this with your GP who can refer you to local mental health and counselling services.

For urgent mental health support, please contact your GP, mental health team, or ring 111 and select option 2 when prompted to access the mental health 111 service (free 24/7 service for people in Wales).



Mental health helplines

- **Samaritans:** 116 123 UK (24 hr support line). www.samaritans.org
- **Mind** Infoline: 0300 123 3393 (Monday-Friday 9am – 6pm). www.mind.org.uk
- **Saneline:** 0300 304 7000 (Everyday, 4:00pm – 10:00pm). Email and text support are also available, see: <https://www.sane.org.uk/how-we-help/emotional-support>
- **C.A.L.L.** (Community Advice & Listening Line): 0800 132 737 (24 hours). Offers emotional support and information/literature on Mental Health. See: <https://www.callhelpline.org.uk/>

Online Self-management Support



- **Melo Cymru:**
<https://www.melo.cymru/>

Melo was developed by the Aneurin Bevan University Health Board in partnership with local organisations. It provides information, advice and resources to help people to learn practical skills to manage difficult feelings and situations.



- **Living life to the full courses and resources:**
<https://melo.lttf4.com/>

These courses and resources are based on the “Five Areas” world-leading approach to Cognitive Behavioural Therapy. Courses include “Reclaim your life from long-term physical conditions”.

- **Education Programmes for Patients (EPP):**
<https://www.gavo.org.uk/epp>

Offers a range of self-management health and well-being courses and workshops for people living with a health condition or for those who care for someone with a health condition.

- **Silver Cloud:**
<https://nhs.wales.silvercloudhealth.com/onboard/nhs.wales/>

Offers a range of online self-help courses based on cognitive behavioural therapy. Suitable for people aged 16+ with mild to moderate levels of anxiety, depression or stress who are registered with a GP in Wales.

- **Asthma and Lung UK:**
<https://www.asthmaandlung.org.uk/>

Provides a range of lung health resources including local and online support groups and courses. Their helpline team offers confidential support and provides information on many aspects of living with a lung condition.



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Health Board

RESPIRATORY PSYCHOLOGY SERVICE

FOR PEOPLE LIVING WITH RESPIRATORY CONDITIONS

Information for patients

PSYCHOLOGY SUPPORT FOR PEOPLE LIVING WITH RESPIRATORY CONDITIONS

When someone is living with a respiratory condition, **it is very normal to feel a range of emotions** – worry, anger, sadness and helplessness to name a few. Living with a respiratory condition and managing the demands of treatments can have a big impact on our lives. For example, it can impact day-to-day activity, sleep, roles and relationships.

As part of our secondary care respiratory teams, we have a respiratory psychology service to support people with the emotional impact of their respiratory condition.

The psychology service aims to:

- Reduce psychological distress associated with having a respiratory condition
- Improve the quality of life of people living with respiratory conditions
- Help improve people's management of their respiratory condition

We offer 1-1 psychological therapy and psychology workshops. The psychologist works closely with other health professionals in our respiratory teams to support patient care.



WHAT IS A PSYCHOLOGIST?

Practitioner/ Clinical Psychologists have had training in the assessment and treatment of psychological and emotional problems. Psychologists in respiratory services specialise in helping people to manage emotional difficulties associated with having a respiratory diagnosis.



HOW MIGHT THIS SERVICE BE ABLE TO HELP ME

The Psychologist can help you to understand your problems more clearly and to learn new ways to manage them.

The psychologist might help you with:

- Coming to terms with having a respiratory condition
- Understanding the relationship between anxiety and breathlessness
- Managing anxiety, low mood and other difficult emotions associated with having a respiratory condition
- Learning to adapt to limitations caused by your condition
- Building your confidence in managing your respiratory condition
- Helping you to make a lifestyle changes that can positively impact your breathing

If you think that psychology support might be of benefit to you, you can discuss this with a member of your respiratory team.

WHAT HAPPENS IF I AM REFERRED TO THE RESPIRATORY PSYCHOLOGIST?

If you are referred to the Psychologist, we will write to you and ask if you would like to be kept on our waiting list for an appointment.

Individual psychology appointments can be in person, by telephone or by video consultation. The first appointment involves getting to know a bit about you and how things are for you at the moment. At the end of the appointment, we will decide together what time of support would be helpful for you. This will always be tailored to your individual needs. The Psychologist might also suggest other types of support that could be helpful for you.

CONFIDENTIALITY AND RECORD KEEPING

Psychology sessions are confidential; however, we do need to share some information:



If the Psychologist is concerned that you or someone else are at risk of harm, they have a duty of care to share this information with relevant people to keep everyone safe. Wherever possible, this would be discussed with you.

The Psychologist keeps a brief summary of what we have discussed in your electronic medical records. They sometimes write letters to the person who referred you and to your GP. These records can be accessed by health professionals involved in your care on a **“need to know basis”**. If you have any concerns or questions about the information we share, please do discuss this with your Psychologist.