

Emotional wellbeing: Sources of support

Patient information sheet

Being considered for a transplant and going through the process of transplantation can bring significant life changes, which may impact how you feel emotionally. This leaflet outlines the support options available to you. Our aim is to help you maintain and improve your emotional well-being - wherever you are on your transplant journey.

Emotional wellbeing is a positive state where individuals can effectively manage their emotions, maintain a sense of balance and adapt to life's challenges.

It is common to experience a range of feelings in response to the changes in your physical health and the uncertainties you can face, both before and after transplant.

These feelings may include sadness, low mood, denial, guilt, anxiety, worry, fear, anger, happiness, joy and euphoria etc. Rather than judging yourself for experiencing these feelings, it is helpful to acknowledge them as part of a normal process of adjustment.

Medications you are required to take before and after a transplant may also impact on how you feel. It is important to continue participating in activities that you enjoy, including contact with other people. This may involve considering different approaches to doing things. Often these feelings naturally settle over time.

Are you concerned about your emotional wellbeing with persistent feelings of low mood, anxiety or other mental health difficulties?

Sometimes feelings such as low mood and anxiety may be prolonged, and a more active treatment approach is necessary.

If you find that you are experiencing persistent low mood or anxiety, or other psychological difficulties in-keeping with a post-traumatic stress response (eg flashbacks, nightmares, emotional withdrawal, feeling hyper-alert), then you may find it helpful to download and read one of the self- help leaflets available on the following NHS website: web.nth.nhs.uk/selfhelp/

The psychological medicine service at Royal Papworth Hospital

Psychological medicine service at Royal Papworth Hospital provides assessment for patients being considered for ventricular assistive devices and/or transplantation. We also provide assessment and treatment, during inpatient stays. Post-transplant, we offer a service for outpatients for up to a year. You can request a referral if your psychological health is significantly impacting on your physical health or vice versa. Your Transplant team can refer you to the psychological medicine service.

Author ID: Principal Clinical Psychologist
Department: Transplant
Printed: April 2026
Review date: April 2028
Version: 2
Leaflet number: PI 199



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust
Papworth Road, Cambridge
Biomedical Campus,
Cambridge CB2 0AY
Tel: 01223 638000
www.royalpapworth.nhs.uk

© 2026 Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code



Please note that we work part-time and are not always here on clinic days. There may be a wait for an assessment. Psychological therapy that requires regular attendance may be best obtained locally if you live far away from the hospital site (see below).

In addition to face-to-face review, the psychological medicine team may offer remote/virtual appointments.

Sources of support in the community:

- You can make an appointment with your GP to discuss any ongoing mental health issues. They will be able to signpost and/or refer you to sources of support or prescribe medication, if appropriate.
- In addition, you can self-refer for local psychological therapy by using the link below to find the nearest service to you and then clicking on the self-referral option: nhs.uk/service-search/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/enter-gp
- There are also other sources of support in the community that your GP or transplant team can refer you to. These include supportive and palliative care or a local hospice for symptom control including anxiety around breathlessness and/or disease progression. They may also be able to offer appropriate complementary therapies.

Sources of online support:

Online programs for self-help can be found using the link: keep-your-head.com/
Please let your GP and the transplant team know that you are using an online program.

It is important to take steps to look after your emotional wellbeing. We know that physical health changes can be a significant source of stress, and that psychological health can impact on how we manage our physical health. If you are unsure about anything in this leaflet or if anything is unclear, please do speak to a member of the transplant team.

Urgent sources of support

If you are experiencing a mental health crisis, then you can make an urgent GP appointment to gain support.

You can also ring NHS 111 by dialling 111 and choosing the mental health crisis service (if available in your area) or go to A&E.

In addition, you can ring Samaritans any time on 116 123 – they offer a listening service.

Author ID: Principal Clinical Psychologist
 Department: Transplant
 Printed: April 2026
 Review date: April 2028
 Version: 2
 Leaflet number: PI 199



Large print copies and alternative language versions of this leaflet can be made available on request.

Royal Papworth Hospital NHS Foundation Trust
 Papworth Road, Cambridge
 Biomedical Campus,
 Cambridge CB2 0AY
 Tel: 01223 638000
www.royalpapworth.nhs.uk

© 2026 Royal Papworth Hospital NHS Foundation Trust
 A member of Cambridge University Health Partners

View a digital version of this leaflet by scanning the QR code

