

Emotional wellbeing: sources of support

Information for patients

Adjusting to your diagnosis or changes in health

It is common to experience a range of feelings in response to changes in your physical health, both before and after transplant. This can include sadness, low mood, denial, guilt, anxiety, worry, fear, anger, etc. Rather than judging yourself for experiencing these feelings, it is helpful to acknowledge them as part of a normal process of adjustment.

In addition, sometimes the steroid medication that you need to take after a transplant can intensify these feelings. Very often these feelings naturally resolve with time.

It is important to continue doing activities that you enjoy, including contact with other people, and this may mean thinking of new ways to do things. Sometimes feelings such as low mood or anxiety can become more prolonged and a more active approach is necessary.

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

If you find that you are experiencing more persistent low mood or anxiety, or other psychological difficulties, then you may find it helpful to download and read one of the self-help leaflets available on the following NHS website:

<https://web.ntw.nhs.uk/selfhelp/>

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 or go to your local A&E.

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

Psychological Medicine at Royal Papworth Hospital

In addition, there is a Psychological Medicine service here at Royal Papworth Hospital and you can request a referral if your psychological health is significantly impacting on your physical health or vice versa. We can provide psychological support during inpatient stays and also offer a service for outpatients.

If you think you may benefit from a referral to the Psychological Medicine team, please discuss this with one of the Transplant team.

Please note that we work part-time and are not always here on clinic days. This means there may be a wait for an assessment and any ongoing psychological therapy that requires regular attendance may be best obtained locally if you live far away from the hospital site (see overleaf). We can at times offer assessment as a separate appointment subject to available clinic space.

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 you to sources of support or prescribe medication if appropriate.
- In addition, you can self-refer yourself for local psychological therapy by using the link below to find the nearest service to you and then clicking on the self-referral option:
[https://www.nhs.uk/Service-Search/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/Service-Search/Psychological%20therapies%20(IAPT)/LocationSearch/10008)
- Otherwise, you can search the internet for NHS 'psychological therapy' or 'psychological wellbeing services' in your local area. Your GP will also be able to give you a self-referral form to complete.
- There are also other sources of support in the community that your GP or Transplant team can refer you to. These include palliative care or a local hospice for symptom control including anxiety around breathlessness and/or disease progression.

Sources of support on-line

If you have a strong preference for finding self-help through on-line programs, please see the link below:

<https://www.keep-your-head.com/adults/CP-MHS/how-can-i-help-myself/self-help-resources>

It would be helpful to let your GP and the Transplant team know that you are using an online program, so they can check this is appropriate for your difficulties.

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.