

Teenage and Young Adult (TYA) Cancer Clinical Psychology Service Guidelines for Referrers

The TYA Cancer Clinical Psychology Service for Wessex and the Channel Islands is based at Southampton General Hospital.

Services offered:

- Assessment and psychological therapy for young people (inpatients and outpatients) with cancer, and their families
- Joint work with other health professionals in supporting young people to manage their psychological distress
- Advice, consultation, training, and supervision for the wider multi-disciplinary team regarding young people's psychological care.

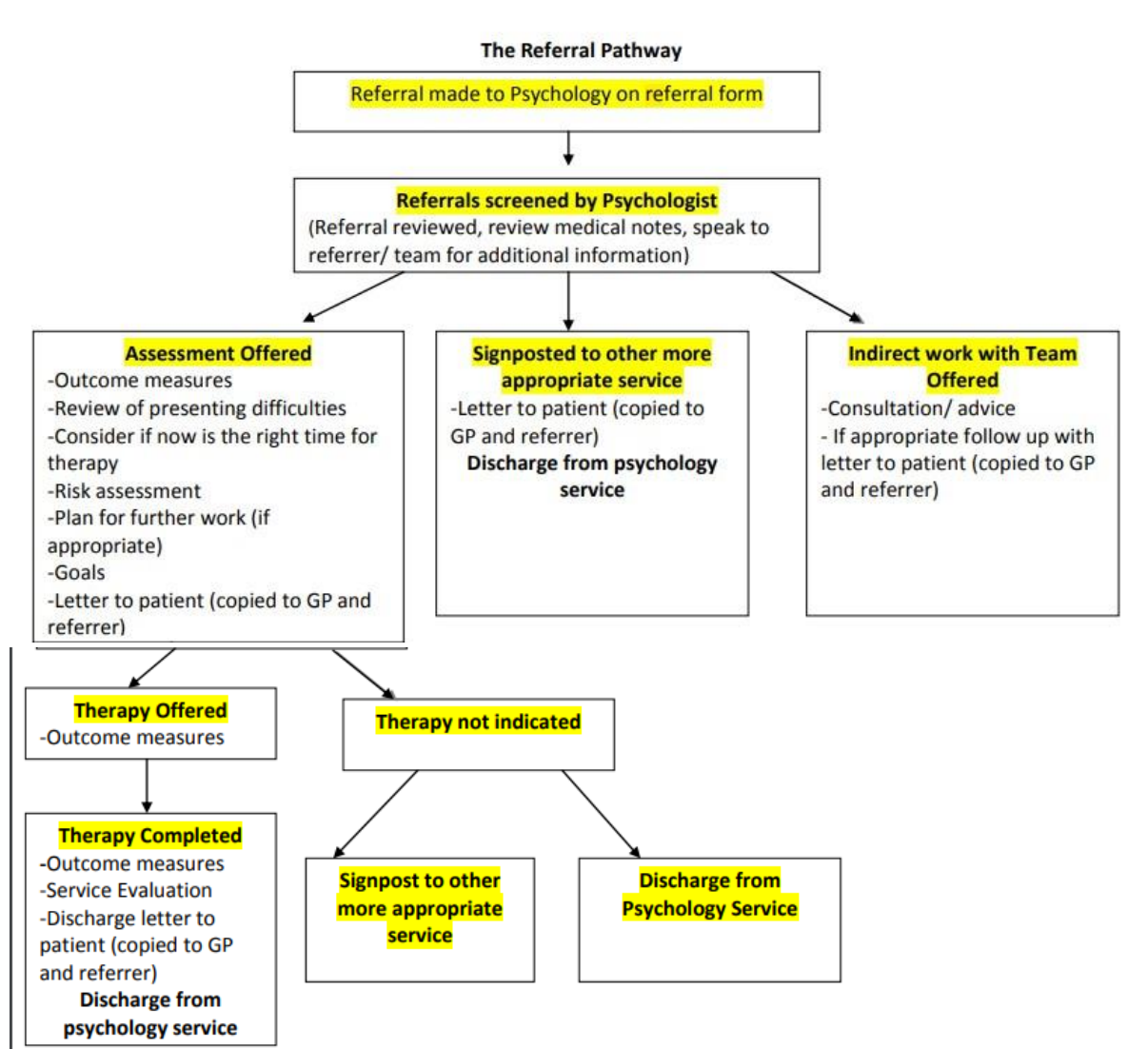
Some examples of the issues the Clinical Psychologist might work with include:

- Difficulties with adjusting to a diagnosis of cancer
- Difficulties coping with complex treatment regimes or isolation
- Depression, anxiety, panic or a phobia associated with cancer care
- Working alongside mental health services to manage pre-existing mental illness (e.g. depression or anxiety or psychosis) that may be impacting upon cancer care and coping
- Psychological issues around death and dying
- Body image/appearance and self-esteem issues (e.g. after body-altering surgery)
- Survivorship issues (e.g. anxiety about the future, returning to work or education)
- Health anxiety (e.g. extreme fear of cancer returning)
- Coping with changes to sexual functioning
- Relationship issues
- Psychological distress that threatens engagement in treatment, activities of daily living or important relationships.

Referral Criteria

- Young people must have been diagnosed with cancer between the ages of 16 and 24 (Young people can be referred up until their 25th birthday).
- Young people must be under the care of an adult medical consultant. However, the Clinical Psychologist can be involved in planned transitions from paediatric services.
- It is important that the young person agrees to being referred to the Psychology Service.
- Family members may only be seen as part of work with the young person.

- The Psychology Service is unable to offer an emergency service. In case of an emergency mental health referral, please contact Liaison Psychiatry (for inpatients) or GP/ Crisis team (for outpatients).



For more information or to discuss a referral, please contact:

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Working Hours:

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