

## Psychological therapy services at Queen Victoria Hospital (QVH)

The services provided by the Department of Psychological Therapy are part of the care available to you at QVH.

We offer help and support throughout your treatment, from the time of your initial assessment. Where required we are also available to support your wider family and friends who also might have been impacted by your burn.

Emotional or psychological support can help you cope and begin to move forward. There are many situations that cause worry or concern, for example:~

- Worries about the operation or treatment. Difficulties coping with the hospital stay.
- Worries about coping with changed appearance or function.
- Concerns about physical abilities, sexual function, or experiencing changes in intimate or other relationships.
- Concerns about how other people respond to any changes.
- Fears regarding the adjustments needed to return to daily activities, child- care, work, tasks of daily living.
- Feelings of being very low in mood, anxious, or isolated.

## Psychological therapy service offers

- Single sessions or a series of sessions based on your need.
- Brief Solution Focused Therapy, Trauma Focused Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing Therapy (EMDR) designed to help you manage any troubling thoughts and feelings following a traumatic event.

## Service Availability

You may ask to be seen at any stage of your treatment, as an outpatient, or inpatient. If appropriate, our service may also be able to put you in touch with other services closer to your home.

You may contact the department directly on **01342 414478** and speak to one of the Psychological Therapy Team, or leave a message with your name and contact details on our voicemail. Your enquiry will be confidential.

## Useful Resources

### Changing faces

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

A UK charity representing and supporting children and adults who have a visible difference.

### Dan's Fund

[www.dansfundforburns.org](http://www.dansfundforburns.org)

Practical help for burns survivors.

### Katie Piper Foundation

[www.katiepiperfoundation.org.uk](http://www.katiepiperfoundation.org.uk)

A wealth of information including Katie's FAQ (frequently asked questions).

Some apps can give you strategies to aid relaxation and manage difficulty. They can be downloaded from your usual app store.

### Woebot

A free therapy chatbot based on tools from Cognitive Behavioural Therapy.

### Headspace app

Offers guided meditations, visualisations and relaxation exercises. Free (limited version).

### Psychological Therapy Team

01342 414478

Email: [qvh.psychologicaltherapy@nhs.net](mailto:qvh.psychologicaltherapy@nhs.net)

## Psychological Therapy services

If you'd like to find out how you can support QVH, please  
visit [www.supportqvh.org](http://www.supportqvh.org)



**Burns Unit**

Please ask if you  
would like this leaflet  
in larger print or a  
different format.

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