



Women's Health Psychology Service

Information about our service



What is the Women's Health Psychology Service?

- We are a specialist psychological support service for patients and couples under the care of Whittington Health, who are experiencing distress during pregnancy, their fertility or following a traumatic birth.
- We also work with women who are being cared for by the Gynaecology teams at the Whittington.

How can I get referred?

- This service accepts self-referrals only from individuals and couples under the care of Whittington Health.
- If you would like to refer yourself to our service, please download the self-referral form via our website. Please follow the instructions on the front page of the form.
<https://www.whittington.nhs.uk/document.ashx?id=15508>



Please be aware that if you are currently pregnant and would like to self-refer, we can only accept referrals for individuals up to 32 weeks of pregnancy. If you are more than 32 weeks pregnant, we would be happy to discuss alternative services with you.

What happens after we have received your referral form?

- Once we have received your completed self-referral form by email, our team will triage (assess) your referral. We will then contact you to either book an assessment with one of our team, or let you know about other services which might better suit your needs.
- In your assessment we will ask you for more information about your current difficulties, your life in general, and any relevant history.
- We will then agree a plan with you based on what best suits your individual needs and hopes for any psychological therapy. If we think this service is best placed to help you, then we will add you to our waiting list for therapy sessions. If we think another service would better suit your needs, we will discuss the options with you.
- We offer between six and eight therapy sessions with a psychologist or trainee psychologist in the team. Currently, we offer face to face and, where appropriate, virtual (on-line) /phone sessions.
- Therapy sessions use different therapeutic approaches that are best for the patient or couple's needs.
- For those who are pregnant, we can offer psychological support up to three months after giving birth. If at that point you require any further support, we can discuss options with you.

How could psychology help?

Talking

- Your Therapist will listen to you and explore your worries and concerns.
- They will also help you to acknowledge your strengths and provide you with support and encouragement.

Change

- With your Therapist, you will decide which changes are manageable and the most meaningful to you right now.
- Therapy sessions then help you to create strategies for achieving this change.



Therapy

- We may offer specific therapies (e.g. cognitive behaviour therapy, or compassion-focused therapy) according to your current needs.

Care across disciplines

- Your Therapist can consult with your other health professionals if you would like. This is to make sure that all aspects of your wellbeing are looked after.

Couples and families

- The work can involve others who are close to you, if you think this would be helpful.

Other agencies:

- We can arrange a referral to another service if we decide together this would be beneficial.

Contact details

Telephone: 020 7527 1538

Email: whh-tr.chp@nhs.net

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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