



Post Covid Psychology Service

A patient's guide



What next?

If you are interested in meeting with us and have not yet been referred, please talk to your hospital doctor or occupational therapist or nurse. You can also contact us with any questions you have by using the contact details on this leaflet (below).

Your medical care will not be affected in any way if you decide that you do not want to pursue this sort of help.

Contact details

Clinical Health Psychology (CHP)

Admin base:

Old Nurses Home

The Whittington Hospital

Magdala Avenue

London N19 5NF

Tel.: 020 7527 1538

Email: whh-tr.chp@nhs.net

Laura Varnes

Clinical Health Psychologist

Tel.: 07866 822789

Email: l.varnes@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.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)

[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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What is the Post Covid Psychology Service?

You may have long covid and be wondering how we could help.

We are psychologists who work with the Post Covid Community Team to provide a holistic approach to long covid care. Everyone's experience of living with long covid is different. Your long covid might affect you in one, or some, of these ways:

- feeling worried or frightened about being breathless (and getting more breathless when you feel worried)
- feeling as if you can't cope with it all
- noticing you are giving up things you enjoy
- feeling unhappy or angry about how long covid has affected your life
- feeling distressed, anxious, frightened
- interference with relationships with partners, family and friends
- concerns about work or studies
- worrying or feeling hopeless about what the future holds
- losing your self-confidence
- difficulties with managing your long covid or the treatment

How can I benefit from meeting with a psychologist?

We listen, talk about your experiences and explore how your physical health impacts upon your life. We offer and then look at how you would like your life to improve alongside your long covid. We can help you identify what changes are achievable and meaningful to you. We may then help you to develop new skills and/or expand your existing skills to help you work towards your desired changes.

Interpreters

We are happy to arrange an interpreter for you if this is needed.

Patients abroad

Please note we are unable to offer appointments to people who are currently abroad.

Does this mean my doctor thinks my problems are 'all in my mind'?

Seeing a psychologist does not mean that we or your hospital/community team think your problems are in your mind. We understand that changes in physical health have an impact on psychological wellbeing. By seeing a psychologist, you are simply taking a positive step in trying to reduce the impact of your physical health condition on your life.

What will happen when I see a psychologist?

We can arrange to meet with you face to face at the Whittington hospital, via video call, or on the phone.

You may wish to come to the first meeting on your own, or you are welcome to bring friends or relatives with you.

We will then discuss whether this service or another service may be helpful to you, and you can think about whether you would like to give this a go. Some people benefit from just one or a few sessions; others may prefer a longer period of working together.