

Major trauma clinical psychology service

What do we do?	
	<p>Offer psychological support for adults and families who may be emotionally impacted by a major trauma.</p>
	<p>It is normal to have different emotional reactions after a traumatic event.</p>
	<p>We will explore what is going on for you and ways of coping.</p> <p>We can help with managing difficult thoughts and feelings.</p> <p>We work closely your medical team, and can also link you with other helpful services.</p>
	<p>The team can see you during your stay in hospital.</p> <p>We can also offer brief support following discharge.</p>
What can I expect?	
	<ul style="list-style-type: none"> • On the ward, you will be seen at your bedside or in one of the family rooms • A staff member will come to see you and will ask how you are feeling and coping. • Staff may talk to your family or carers • Your medical team will discuss whether it might be helpful to see the psychology team. You do not have to talk to a psychologist about anything you do not want to.

	<ul style="list-style-type: none">• Outpatient appointments will be on the telephone, online, or in person at St Mary's hospital.
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Meet the team

	<p>Our team is made up of qualified, assistant and trainee psychologists</p>
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Contacting the team

	<p>Ask a member of staff on the ward- who will send a referral to the team</p> <p>Or email us on</p> <p>imperial.mtcpsychology@nhs.net</p>
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Resources

	<p>Scan the QR code to access resources</p>
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