

# Psychological Services



Patient Information Leaflet  
Easy Read



# If you need support to read this leaflet

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A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

## Sunderland Action for Health website

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Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

# The psychology team can help you with how you think, feel and behave.

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These are some of the problems we can help you with:



The psychology team can try to help you to feel better.



You may feel worried about seeing a psychologist. We will try to help you.

We will listen to you and understand how you feel.

We can give you advice and will help you to decide what's best for you.

# The psychology team can try to help people in lots of different ways.

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As well as talking with you we use drawing and writing things down.



We can help you to learn about your feelings and what you can do to feel happier.



We run groups where you can learn new skills and talk about your feelings. We can talk about this if you feel worried.



We can work with your staff and family to help them to support you.

# How to contact us

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Please contact us if you feel you need support from our Psychology Team.

Phone our Initial Response Service:



0303 123 1145

Our services are based at  
Community Treatment Team  
Learning Disabilities,  
Monkwearmouth Hospital,  
Newcastle Road,  
Sunderland, SR5 1NB.



# Problems, complaints or suggestions

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Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We have an easy read leaflet about how to make a complaint. There is also a more detailed leaflet.

If you think that we could improve our service then please let a member of the team know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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