
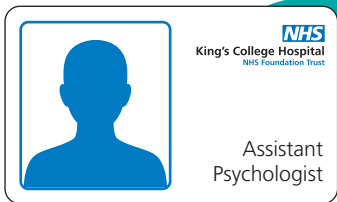


Major trauma paediatric psychology

Who are we?

We provide psychological support for children, young people, and families impacted by major trauma.

Our psychologists help you to understand and manage difficult events, thoughts, and feelings.



Who did you
see today?

Things that can help in hospital

You might not be able to do the usual things that make you feel happy and safe when you are on the ward.

Below are some ideas that might be helpful. Let us know if you need anything.



Common feelings and behaviours

Which ones apply to you?

- I find it difficult to pay attention or focus
- I fidget, I am restless or hyperactive
- I move away from things that feel threatening
- I feel anxious, panicked, scared, worried or overwhelmed
- I zone out or daydream
- I want to escape, run away or hide
- I feel angry, irritable, furious, offended or aggressive towards myself or others
- I shut down, my mind goes blank
- I want to lash out at others, hit, kick or throw objects
- I feel low, depressed, numb, bored, apathetic or helpless
- I want to yell, scream or use mean words
- I cannot get what happened out of my head or I have bad dreams

Trauma affects everyone in different ways. After something scary happens, it is normal to have strong feelings. There is no right or wrong way to feel.





What happens next?

If you feel that support after leaving hospital would be helpful, we can either:

- find a service near where you live
- call you once you are home to check in

We will discuss the best option with you.

If we do call to check in, this will be roughly 4 to 6 weeks after leaving hospital. We might ask you to complete a questionnaire. The check in will allow us to see how you are doing and whether any further support is needed.

Contact us

Ask ward staff or email:

kch-tr.mtc-psychology@nhs.net

Scan me for helpful information and resources



PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill,
London SE5 9RS

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net

