

INFORMATION FOR PATIENTS

Counselling and inflammatory bowel disease

Inflammatory bowel disease (IBD) may sometimes significantly affect the quality of your life and your mental health. When you are diagnosed you may feel many different negative emotions which leave you feeling uncertain about the future and not knowing where to turn for support. Friends and family sometimes may not provide the support you need to help you deal with how you feel.

A counsellor or therapist may offer an appropriate way of helping you deal with your emotional wellbeing, to help you try and regain more control about how you feel.

What is counselling?

Counselling is a form of therapy that allows you to talk about yourself and the issues you are concerned about, in a very different way to how you would with those close to you.

A trained counsellor will facilitate a safe place for you to voice your feeling and thoughts, where you are listened to without being told what to do or judged.

This service is confidential and allows you to try and understand how you think and feel, with the aim of helping you cope more effectively with your concerns and feelings.

Counselling has many different types, approaches and methods.

There is no evidence to suggest one is more effective than the other for people with IBD. It can be conducted face-to-face, in groups, online or by telephone.

Counselling may be viewed negatively by some, or they may feel uncomfortable talking about how they feel, but it can be a positive way to help them deal with their problems and feel in control by making sense of things.

It can be helpful no matter how long you have been diagnosed.

Ways to access counselling:

- Your GP can refer you.
- Improving Access to Psychological Therapies (IAPT) is an NHS service offering therapies to help people with anxiety and depression.

Website:

www.insightiapt.org/locations/nottingham

- Insight Talking Therapies provides help for people with anxiety, depression and other similar difficulties. This is free and funded by the NHS.

Telephone: 0300 555 5582

Email:

Nottinghamshire@insighthealthcare.org

Website:

www.insighthealthcare.org

- Let's Talk - Wellbeing is a free NHS psychological service offering assessment and treatment for people in Nottinghamshire who experience mental health problems, such as depression, anxiety or stress.

Telephone: 0115 956 0888

Email:
letstalknottingham@nottshc.nhs.uk

Website:
www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing

- Trent PTS is an independent free service funded by the NHS providing a range of psychological therapies.

Telephone: 0115 896 3160

Email: enquires@trentpts.co.uk

Website:
<https://www.trentpts.co.uk/>

- Employer, university, or college.
- Local voluntary sector services.
- Private counselling.
- Private health cover.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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