

# Teenage and Young Adult (TYA) Cancer Clinical Psychology Service

## Guidelines for Referrers

The Teenagers and Young Adults (TYA) Psychology Service for Oxfordshire, Berkshire, Buckinghamshire and Wiltshire is based between the John Radcliffe and Churchill Hospitals in Oxford. This is a specialist service for young people aged 16-25 years, who have been diagnosed with cancer or have received treatment for cancer in the past.

### Services offered

- Assessment and psychological therapy for young people (inpatients and outpatients) with cancer, and their families, partners or friends. This input can be for those on treatment, off treatment or those who are attending a late effects clinic
- Joint-work with other health professionals in supporting young people to manage their psychological distress
- Advice, consultation, training and supervision for the wider multi-disciplinary team regarding young people's psychological care

### Some examples of the issues the Clinical Psychologist might work with

- Adjusting to a diagnosis of cancer
- Managing treatment and the time a young person has to spend in hospital (as an inpatient or outpatient)
- Managing difficult emotions (including stress, worry, or low mood)
- Working alongside mental health services to manage pre-existing mental illness (e.g. depression or anxiety or psychosis) that may be impacting upon cancer care and coping
- Negotiating relationships between the young person and their family, friends, and partners
- Exploring changes in the way a young person may feel about themselves
- Manage any side-effects of treatment (e.g. fatigue, appearance related concerns)
- Working towards achieving the hopes and goals in life that the young person may have to support them to live the life they want to whilst managing cancer treatment
- Psychological issues around death and dying
- End of treatment concerns which could include (but not confined to) worry about disease reoccurrence; returning to work or education; making plans for the future; sex, intimacy and fertility issues; finances; and reengaging with activities of daily living

### Referral criteria

- Young people must have been diagnosed with cancer between the ages of 16 and 24 (Young people can be referred up until their 25th birthday)
- Young people must be under the care of a medical consultant (Paediatric or Adult). We do not accept referrals from GP's although we will liaise with them closely as and when is required

- It is important that the young person agrees to and has given their consent to being referred to the Psychology Service
- Family members may only be seen as part of work with the young person
- The Psychology Service is unable to offer an emergency service. In case of an emergency mental health referral, please contact Liaison Psychiatry (for inpatients) or GP/ Crisis team (for outpatients)

**For more information or to discuss a referral**

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Monday to Wednesday 9.00am - 5.00pm