

Patient information

Paediatric and Adolescent Dermatology Wellbeing and Mental Health

Who we are

The dermatology department at West Suffolk Hospital is made up of professionals with specialist experience in dermatology and paediatrics. We will support, counsel and guide you through your treatments and offer signposting to any mental health support available.



Within the department we see patients from new-born to 16 years old who require support for their skin conditions. We are aware that it can be difficult to find resources to support you during difficult times, especially if your skin condition is flaring.

We have collated some useful information to offer you extra support and to promote positive well-being, emotional resilience, and self-confidence.

We work closely with a paediatric clinical psychologist and a psychiatrist who may be able to offer you additional support if your skin is causing you to feel low.

In an emergency

If you are concerned about your mental health you can get an emergency GP appointment.

If you are unable to cope and require emergency help, call 999 or attend an accident & emergency department.

NHS 111 (option 2) can also offer advice and support.

What to expect from your dermatology appointments

Patients with skin conditions, such as eczema, psoriasis and acne can often face significant psychological challenges which can contribute to feelings of embarrassment, anxiety, and depression, these feelings can negatively impact overall mental health.

Due to the visible nature of these conditions, some patients may find they experience social stigma, bullying, body image issues, low self-esteem or social withdrawal.

Therefore, during your dermatology appointment at West Suffolk Hospital, we ensure to take a holistic approach. This includes not only treating your physical symptoms but also addressing your emotional and psychological well-being.

We may ask you to complete some questionnaires that focus on how you feel and how your skin makes you feel. This will help us get a good understanding on whether your skin is affecting your mental health and how much.

If you do require some additional emotional and psychological support, we may discuss you at our mental health meeting.

The meeting is made up of nurses and doctors with a specialist interest in mental health, a clinical psychologist, and a consultant psychiatrist. Together, we explore the best options to support you, this may be a counselling appointment.



Once we have discussed you as a team, you may find there is a wait between your first dermatology appointment and your counselling appointment. This period can feel very lonely, it is important to keep talking with your loved ones and if you require another dermatology appointment you can contact the department. You have opened and you want to start feeling better, but it does take time.

Skin Specific Charities

Changing Faces - Changing faces is a charity here for everyone with a scar, mark or condition on the face and body. They provide life-changing mental health, wellbeing and skin camouflage services. They work to transform understanding and acceptance of visible difference, and campaign to reduce prejudice and discrimination.

www.changingfaces.org.uk

National Eczema Society - Provide information and advice for people living with eczema and their families, which they deliver through their website, social media channels and publications. They are also the voice of people with eczema, raising awareness of the condition, supporting research into new treatments and campaigning for better medical care. [National Eczema Society](#)

The British Skin Foundation - The British Skin Foundation is the only UK charity that raises money to fund research into all types of skin diseases, including skin cancer. Sixty percent of British people currently suffer from or have suffered with a skin disease at some point during their lifetime. Whilst some skin conditions are manageable, others are severe enough to kill. www.britishskinfoundation.org.uk

Acnesupport - Acne Support is brought to you by the British Association of Dermatologists (BAD) to offer you expert, impartial advice on acne. The BAD is a charity whose objectives are the practice, teaching, training and research of dermatology. It works with the UK Department of Health, patient bodies and commissioners across the UK, advising on best practice and the provision of dermatology services. [Home - acne support](#)

Psoriasis Association - Leading national charity and membership organisation for people affected by psoriasis in the UK. Helping people whose lives are affected by psoriasis and psoriatic arthritis. [The Psoriasis Association \(psoriasis-association.org.uk\)](http://ThePsoriasisAssociation.org.uk)

Useful Charity/professional contact details

4YP - Suffolk Young People's Health Project (also known as 4YP) is a local charity which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25

[4YP - For Children & Young People Charity](#)

Text SHOUT 85258 - A 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. [Shout 85258 \(giveusashout.org\)](http://Shout85258.giveusashout.org)

Kooth - A free online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop. You can access it 365 days a year on Monday to Friday 12pm-10pm and Saturday and Sunday 6pm to 10pm. [Home - Kooth](#)

Samaritans - A 24 hour service offering confidential emotional support to anyone who is in crisis. Call 116 123 [Samaritans of Bury St Edmunds and West Suffolk](#)

Young Minds - UK's leading charity fighting for children and young people's mental health under the age of 25 years. YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Stem 4 - Identification, Intervention & Management of Common Teenage Mental Health Issues. Promoting Positive Mental Health in Teenagers, Families, and Schools & Health Professionals. Conferences. Online Information. Calm Harm App. Mental Health Videos. 07857 388295 [stem4 - supporting teenage mental health](#)

Mind - Provide advice and support to empower anyone experiencing a mental health problem. Over 18's. **InfoLine 0300 123 3393 Mon – Fri 9-6 Text 86463**
info@mind.org.uk www.mind.org.uk

Relate - Family and young person counselling [Find your online centre | Relate](#)

Sleepio - Online sleep improvement program https://go.bighealth.com/sleepio_nhs

Every Mind Matters - A website made by Public Health England to help people manage common mental health problems and support others.

<https://www.nhs.uk/oneyou/every-mind-matters/>

NHS MoodZone - providing information on common mental health concerns including dealing with anger, exams etc. www.nhs.uk/mental-health

Head Talks - Providing videos discussing all aspects of mental illness and recovery.
www.headtalks.com

Family line - For families experiencing problems at home with parenting, children's behaviour, relationships, school problems, teenage behaviour, grandchildren, isolation. help@familyline.org.uk 08008005678

Turning Point - Turning Point's under 25s service offers a bespoke outreach service for anyone who wants to make changes to their drug or alcohol use, learn more about substances or become abstinent. 0300 123 0872 turning-point.co.uk

Papyrus - Papyrus offers help and advice around young people's suicide preventions. They have a helpline available Mon-Fri 10am to 10pm, Sat, Sun and Bank Holidays 2-10pm **0800 068 4141**; text: **07786209697** www.papyrus-uk.org

Tried and tested hints and tips for relieving emotional upset

- Write your thoughts and feelings down
- Use a mindfulness app
- Watch a funny movie
- Practice "7/11 breathing". Breathe in for 7 seconds and out for 11. Repeat this 5 or 6 times, making sure to push your stomach out when you breathe in.
- Listen to (calming or uplifting) music
- Talk to someone you trust
- Read a novel, newspaper, or magazine
- De-clutter your room, or part of your room
- Make an "emergency" box for distressing times – put in any small reminder of what helps and pictures of positive times
- Write a letter to yourself
- Get fresh air, go for a walk or run
- Use a bullet book – write down your thoughts & habits, decorate – see Pinterest for ideas
- Visualisation – create a happy place
- Write down 3 good things about your day – every day
- Walking
- Spend time with animals
- Cooking/baking
- Sport
- Hobbies

- Socialise with friends and family
- Stick inspiring notes around your room

Contact Us

The Dermatology Department
West Suffolk Hospital
Hardwick Lane
Bury St Edmunds
(01284) 713575

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo) <https://www.accessable.co.uk>



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