

Patient Privacy and Rights

You have a right to privacy. You have other rights, as well. Your psychologist will talk to you about these and any limits to them at your first meeting.

Psychologists follow the Canadian Code of Ethics for Psychologists. The Saskatchewan College of Psychologists (306-352-1699) oversees their work. If you have any concerns about your service from a psychologist you may contact them.

More information can be found at www.skcp.ca and <http://www.cpa.ca/aboutcpa/committees/ethics/codeofethics>.



What if I have other problems?

Some people have mental health issues that are not about their health. These could be depression or anxiety. They could be about addictions, relationships, or abuse. For mental health problems not about your health contact below:

Mental Health & Addiction Services,
Centralized Intake at 306-655-7777.

Department of Clinical Health Psychology

Room 223, Ellis Hall,
Royal University Hospital,
Saskatoon, SK S7N 0W8

Phone: 306-655-2341

Fax: 306-655-2340



Pillars of Chronic Disease Management Program Design

Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

Disease-Specific Management

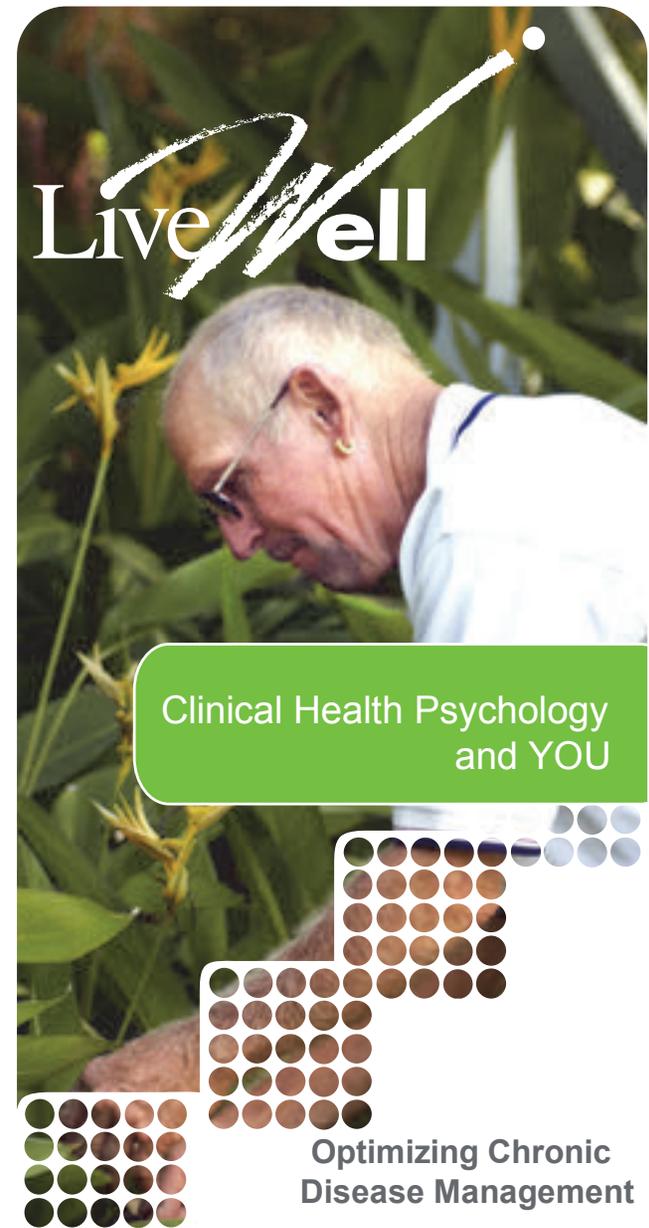
- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the LiveWellwith Chronic Conditions Program
- Enhance self-management skills

Saskatoon and area locations

- Saskatoon Area Hospitals
- Humboldt District Hospital



Clinical Health Psychology
and YOU

Optimizing Chronic
Disease Management



November 2, 2015

Clinical Health Psychology and YOU

What is a Clinical Health Psychologist?

Changes in health and life stresses can be challenging. Sometimes it feels like so much more than you can handle.

A clinical health psychologist is trained to help people, using mental and behaviour plans to work on your feelings and health conditions.



How do I get to see a Clinical Health Psychologist?

You can be referred by any health care provider. However, it is important for you to decide if you believe you need and want help to improve your health and mental health.

Why would I see a Clinical Health Psychologist?

You would see a psychologist if any of the following are concerns for you:

- You have trouble coping with your health conditions. Some examples are heart conditions, diabetes, COPD, multiple sclerosis, rheumatoid arthritis, inflammatory bowel disease.
- You struggle with making changes to improve your health.
- You are dealing with emotions or conflict with others making your health problems worse.
- Your style of coping or personality is getting in the way of staying healthy.
- You have fears and worries about surgery, needles, and other medical things.

What will happen when I see my Clinical Health Psychologist?

The first thing that you need to know is we are here for you. Your psychologist is here to help you understand what you will need to do to help yourself.

The psychologist will start by asking you to describe the difficulties you are having. You may talk about your past. You may talk about things that are happening now. The goal is to understand what you can do to feel happier and to be healthier.

Psychotherapy is the method psychologists use to help others. The psychologist helps you to work through feelings and understand yourself and events in your life. People often find they start to feel or do things differently during psychotherapy. They often take better care of their health, as well.

Psychotherapy can be one on one with a psychologist or with a group. Psychologists may see you when you are in hospital to help you cope with your experience in the most helpful way possible.