

## The Scottish Infected Blood Psychology Service (SIBPS)

### Information for individuals accessing the service and their family members

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#### About our service

SIBPS was established in May 2021 to support the emotional well-being of people who were infected, or affected, by contaminated blood and/or blood products given in Scotland.

#### Who does the service support?

The service supports people who contracted Hepatitis C and/or HIV from blood and/or blood products given during medical procedures in Scotland. We also welcome referrals from relatives of those infected. We know that some relatives have suffered, and continue to suffer, greatly and we can also provide support for their emotional needs. We welcome self-referrals from spouses, parents, children, siblings, partners, and bereaved family members.

#### Does the service work with people of all ages?

People of any age can be referred, but the service is unlikely to be the most appropriate service for younger children or infants, who may be best served by referrals to local Child and Adolescent Mental Health Services (CAMHS).

#### Do you only accept referrals for people living in Scotland?

We will work with anyone who was infected, or affected, by contaminated blood and/or blood products received from NHS treatments in Scotland. We know some people now live elsewhere in the UK, or abroad, and they can also self-refer to the service.

#### What can I expect from seeing a psychologist?

It can be daunting to see a psychologist, but it can help to know what to expect. We will ask you about your current difficulties, as well as some of your relevant personal history. We will then try to work with you to develop an understanding of how your difficulties might have come about. Based on this, we will work together to try to think of ways to improve your difficulties, or to come to terms with them.

#### How can I access the service?

Just telephone us on **0131 537 9128** and we will post you out a referral form for you to complete and return to us. We will provide a self-addressed envelope so you do not have to pay postage. At the moment, we can only accept referral forms by post, but we are working on ways to accept referral forms electronically.

If no one is immediately available to take your call, please leave a message with your name, address, and phone number, saying that you would like a referral form for the Scottish Infected Blood Psychology Service. We will arrange to have a form sent out to you as soon as possible

#### How is therapy delivered?

Therapy will mostly be delivered remotely, either by telephone or by a secure video-calling service. Remote therapy allows you to access the service from your home, wherever you live. Research suggests that outcomes for remote therapy are comparable to face-to-face therapy. However, in certain circumstances it may be beneficial to meet in person, and we can arrange this if needed.