

## Where do Psychologists work?

You can see a Psychologist

- At the Arthur Webster Clinic in Shanklin



- At your day centre
- At your home



### How can you see us?

You, your carer or your G.P. can phone us to make an appointment on:  
01983 866179



Or write to us at:  
Specialist Healthcare and Support Services for People with a Learning Disability  
Arthur Webster Clinic  
35 Landguard Manor Road  
Shanklin  
Isle of Wight  
PO37 7HZ

### We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive  
Isle of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

REF: LDT/PSY/1

Patient Information Leaflet

## Adult Learning Disability Psychology Service

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The Learning Disabilities Team

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# What is Psychology?

A Psychologist can help if you feel

Worried



Sad



Angry



Scared



You might want to talk to a Psychologist if you have had these feelings for a long time.

## How does a Psychologist help?

- By talking to you and listening to you



- By teaching you skills like relaxing



By helping other people to support you better



## How does a Psychologist work?

We might see you

On your own



With your carers



With your family

