
What is the Camden Psychology Stroke Service (CPSS)?

We are Clinical Psychologists and we see people who have had a stroke*, or are caring for someone with a stroke as a partner, relative, or friend.

The CPSS may be able to help if you are experiencing difficulties directly related to the stroke, and:

- You are not receiving support from a multidisciplinary team like the Camden REACH Community Rehabilitation Team or The Neuro Team.
- You are aged over 18 and have a Camden GP.

* This includes all types of stroke e.g. ischaemic stroke and haemorrhages

What can we help with?

We can help with the following kinds of problems:

- Difficulties in thinking abilities like memory, concentration and problem solving.
- Feeling anxious, depressed, angry or irritable.
- Changes in personality or behaviour.
- Stress in relationships with friends, carers or families.

These problems are common after a stroke and may get better over time and with the right support. However, for some people they start to have a serious impact on their wellbeing and ability to do everyday activities. Often it is better to seek help early on to prevent problems from worsening.

What support do we offer?

- We can talk with you about what you are finding difficult and help you, your family and carers to find ways to manage and to cope with difficulties.
- We can do pen and paper tasks with you to see if there have been any changes in thinking abilities and to suggest strategies for managing them.
- We can see you wherever you live, whether it is in the community or in a care home.

How can you contact us?

You can phone the screening line to refer yourself or to ask to speak with one of the stroke psychologists. Tel: 0845 9000 684 and ask to be referred to the stroke psychologists.

Or speak to your GP and ask them to refer you.