



PSYCHOLOGICAL SUPPORT FOR TTP



THE PSYCHOLOGICAL IMPACT OF TTP

- Symptoms of depression and anxiety can be common
- Fatigue and social isolation can start to affect daily life
- Cognitive difficulties, like memory and concentration problems, can sometimes occur
- Some people experience symptoms of post-traumatic stress



WHEN PSYCHOLOGICAL SUPPORT IS RECOMMENDED

- You can access psychological support at any time if you are experiencing emotional distress or cognitive challenges that you feel could be linked to your TTP



YOUR MULTIDISCIPLINARY TEAM (MDT)

- Your Haematology team will regularly check for any changes in your mental health relating to your TTP, and give you information about the psychological support available to you



WHAT TO EXPECT FROM PSYCHOLOGICAL SUPPORT

- A conversation with a psychological practitioner within 6-8 weeks of referral
- Tailored follow-up sessions, typically around 50 minutes each



PSYCHOLOGICAL ASSESSMENT & SUPPORT

- Developing an understanding of how you've been affected by TTP, and what may help
- Strategies to help with memory, attention improvement, and managing daily cognitive tasks
- Strategies for dealing with emotions, fears and worries
- Support and signposting for family members affected



REMEMBER

- Psychological support is an important part of managing TTP
- You have access to psychological help throughout your TTP journey

Speak to your healthcare team about accessing psychological support.

