



# PSYCHOLOGICAL WELLBEING LIVER TRANSPLANT

LISTEN MEETING 16.05.22

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# OVERVIEW

What do we mean by 'psychological wellbeing' and 'mental health'

Impact of transplant

What to look out for- recognising depression and anxiety in self and others

Self-care and accessing support

How to access professional advice and input

Your questions

# YOUR QUESTIONS...

What is mental health and what are the differences between mental health and mental illness?

What is stress and how do we recognise it – and to understand the effect stress and adversity has on you?

What is depression and how do we recognise it? What can we realistically do if we recognise in ourselves that we have either of these?

What support is available to us if we realise that we are starting to suffer from bad mental health?

Self care– what is available?

How can we build good mental health and how can we support it. Explore helpful and healthy coping strategies.

Stigma – what is it.

# PSYCHOLOGICAL WELLBEING

ALL have mental health/ psychological wellbeing – emotional, psychological and social wellbeing

How we think, feel and behave

*“[positive] mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community”-WHO*

# TRUE OR FALSE?

- Mental health problems make you weaker
- You can never recover from a mental health problem
- I know someone with a mental health problem
- There are ways you can help yourself feel better if you feel bad

# DEPRESSION

Depression – **lasting** low mood, helplessness, loss of energy, affects your everyday life.

Low spirits/ everything is harder to do and seems less worthwhile → at its most severe, can be life-threatening.

We all have times when our mood is low, and we're feeling sad or miserable about life. Usually these feelings pass in due course.

If the feelings are **interfering with your life** and **don't go away after a couple of weeks**, or if they come back **over and over again** for a few days at a time, it could be a sign that you're experiencing depression.

## The Scale

Over the last 2 weeks, how often have you been bothered by any of the following problems?

		Not at all	Several days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

# ANXIETY

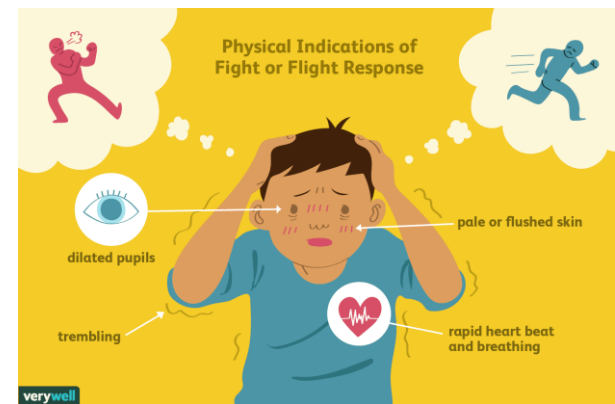
Worried, tense or afraid – particularly about future, or which we think could happen in the future.

Anxiety is a **natural human response when we feel that we are under threat**. It can be experienced through our thoughts, feelings and physical sensations.

Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes.



# FIGHT, FLIGHT OR FREEZE



Like all animals, human beings have evolved ways to help us protect ourselves from danger. Automatic.

- Threat → releasing certain hormones (adrenaline and cortisol) which can be helpful in responding to a physical threat.
- Make us feel more alert, so we can act faster
- Make our hearts beat faster/breathe quicker, quickly sending oxygenated blood to where it's needed most (n.b. this is not the tummy/bowels!)

Helpful for dealing with physical threats

BUT human brains are not so good at distinguishing physical threats from perceived other threat (e.g. work deadline/social pressures)

Giraffes > Humans

Similar to depression, becomes a problem if ***persists*** and it ***impacts on functioning***.


GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Total Score = \_\_\_ = \_\_\_ + \_\_\_ + \_\_\_

# WHO IS MORE LIKELY TO BE IMPACTED?

Not all mental health problems are preventable, but there are some things we can do to look after our mental health and wellbeing.



Men from households with the **lowest 20%** of incomes are almost **3 times** more likely to have a **common mental disorder** than those with the top 20%

Black and minority ethnic people are nearly **3 times** more likely to attempt **suicide**

People with **less than three close relatives or friends** are more likely to experience mental health problems

Rates of **depression** are **double** in those with long term health conditions than

**22%** of gay and bisexual men are currently experiencing moderate to severe levels of depression

# WHAT DOES WELLBEING ACTUALLY MEAN?

- 1) Feeling Good
- 2) Functioning Well

Talking

Exercising

Calming

Learning

Relating/Connecting

Contributing

Creating

Congratulating

# VALUES



Family



Marriage /  
Couple /  
Intimacy



Parenting



Friendships /  
Social life



Career /  
Employment



Education /  
Personal growth  
& development



Recreation /  
Fun /  
Leisure



Spirituality



Citizenship /  
Environment /  
Community



Health /  
Physical wellbeing

# LIVER TRANSPLANT : CHALLENGES

Mental health prior to transplant

Uncertainty of waiting list

Trauma associated with being unwell/ hospital stay

Isolation post-transplant

Long-term impact on socialising

Anxiety re: infection, re: staying well

Body image changes (scar, immunosuppression)

Sleep

Other people's reaction

## SUMMARY : WHAT TO LOOK OUT FOR?

- a change in mood, such as getting easily upset, angry or irritated
- not enjoying previously fun things
- a change in energy levels, such as extreme alertness or a lack of concentration.
- feeling worried all the time
- **symptoms persisting**

# WHAT CAN YOU DO YOURSELF?

Tell someone – friend, partner, relative

**Structure/routine in your day**

**Think about your diet.** Eating regularly and keeping your blood sugar stable can help you cope when things feel difficult.

Try to exercise – doesn't need to be 'gym' or intense exercise

**Spend time outside.** The outside world might feel overwhelming, but spending time in green space can boost your wellbeing.

**Avoid drugs and alcohol.**



# ACCESSING OTHER TREATMENTS/ HELP

**Your GP.** To get NHS treatment, you could visit your doctor (GP).

- For advice on preparing for a GP appointment, see “Find the Words Guide” ([https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/treatments-for-ptsd/#.W8hFSxv4\\_\\_M](https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/treatments-for-ptsd/#.W8hFSxv4__M)).

**Free NHS therapy services.** You might be able to self-refer to Improving Access to Psychological Therapies (IAPT) services in your area (if you live in England) – you can search for these on the NHS Choices website.

**Local charity services.** Some organisations offer free or low-cost psychological therapy. [Your local Mind](#) may have information about services in your area.

**Private therapists.** Finding a [private therapist](#) is another option some people choose to explore.



# YOUR QUESTIONS

How do we recognise mental health problems in others, how to speak to people about their mental wellbeing – to help carers/relatives who might also be in attendance?

# HOW TO ASK?

How have you been? – **ask twice!**

Cut through the small talk and show them that you really want to know about their well-being.

"I notice you haven't been going for your walks lately. Is everything OK?"

"I've been meaning to ask, how have you been doing since you left hospital?"

"Have you been eating/sleeping okay?"

"Is there anything you want to talk about?"

"Would you be willing to talk to someone?"

"What can I do for you?"

# SUPPORTING OTHERS: TIPS

Listen to them

If you feel able to, you could help by:

- giving them time to talk at their own pace – it's important not to pressure them
- allowing them to be upset about what has happened
- not making assumptions about how they feel “I know exactly how you feel”
- not dismissing their experiences by saying "it could have been worse" or questioning why they didn't say or do something differently.

For trauma, learn their triggers

Help them find support

# ACCESSING OTHER TREATMENTS/ HELP

**Your GP.** To get NHS treatment, you could visit your doctor (also known as your GP).

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**Free NHS therapy services.** You might be able to self-refer Improving Access to Psychological Therapies (IAPT) services in your area (if you live in England) – you can search for these on the NHS Choices website.

**Local trauma services.** Some organisations offer free or low-cost trauma therapy. [Your local Mind](#) may have information about services in your area.

**Private therapists.** Finding a [private therapist](#) is another option some people choose to explore.

# USEFUL CONTACTS

Anxiety UK helpline: 0844 477 5774 (Monday–Friday 9.30am–5.30pm) [anxietyuk.org.uk](https://anxietyuk.org.uk)  
Support, help and information for those with anxiety disorders including PTSD.

ASSIST trauma care helpline: 0178 856 0800  
[assisttraumacare.org.uk](https://assisttraumacare.org.uk). Information and specialist help for people with PTSD and anyone supporting them.

Birth Trauma Association [birthtraumaassociation.org.uk](https://birthtraumaassociation.org.uk)

Support for anyone affected by birth trauma, including partners.

Combat Stress. helpline: 0800 1381 619 (24 hours)  
[combatstress.org.uk](https://combatstress.org.uk). Treatment and support for British Armed Forces Veterans who have mental health problems.

Disaster Action. [disasteraction.org.uk](https://disasteraction.org.uk). Information and support for people affected by major disasters in the UK and overseas.

Elefriends [elefriends.org.uk](https://elefriends.org.uk) A supportive online community which provides online peer support for anyone experiencing a mental health problem.

HAVOCA (Help for Adult Victims of Child Abuse)

[havoca.org](https://havoca.org)  
Information for adults who were abused in childhood, including an online support forum.

Lifecentre helpline: 0808 802 0808

[lifecentre.uk.com](https://lifecentre.uk.com) Telephone counselling, support and information for survivors of sexual abuse and anyone supporting them.

Moodjuice [moodjuice.scot.nhs.uk](https://moodjuice.scot.nhs.uk) Free online self-help guide from the NHS which includes some self-help resources for PTSD.

The National Association for People Abused in Childhood (NAPAC) 0808 801 0331 (freephone, Monday–Thursday 10am–9pm and Friday 10am–6pm)  
[napac.org.uk](https://napac.org.uk) Support for adult survivors of any type of childhood abuse, including local support groups.

The National Institute for Health and Care Excellence (NICE)  
[nice.org.uk](https://nice.org.uk)  
Information and clinical guidelines on recommended treatments for different conditions, including PTSD.

NHS Choices [nhs.uk](https://nhs.uk) Provides information on PTSD and complex PTSD, including local talk therapy services.

PTSD Resolution 0300 302 0551 [ptsdresolution.org](https://ptsdresolution.org) Helps veterans, reservists and their families with trauma and distress.

RoadPeace [roadpeace.org](https://roadpeace.org) Helpline: 08454 500 355 (Monday–Friday 9am–5pm) [helpline@roadpeace.org](mailto:helpline@roadpeace.org) Information and support for those seriously injured by road crash and bereaved families.

The Survivors Trust 0178 855 0554 [thesurvivorstrust.org](https://thesurvivorstrust.org)  
Lists local specialist services for survivors of sexual violence, including advocates and Independent Sexual Violence Advisors (ISVAs).

Victim Support 0808 168 9111 [victimsupport.org.uk](https://victimsupport.org.uk)  
An independent charity for people affected by crime and traumatic events in England and Wales. Provides emotional and practical help to enable people to cope and recover from the effects of crime.

[https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/useful-contacts/#.W8hHDRv4\\_\\_M](https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/useful-contacts/#.W8hHDRv4__M)



# YOUR QUESTIONS

Why is there no provision for mental health support in adult liver?

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