

How can I get the right support?

When young people are seen in the CFS/ME service we always assess how you are feeling. We will discuss this with you and consider whether you might benefit from additional support outside of our service.

If we feel you need more help relating to your mood and feelings, we will refer you to the appropriate service and will support you with this process. If helpful, we can talk to your mental health worker about fatigue and how it affects you.

How to contact us:

If you have any questions, you can contact us on **01225 821340** Monday to Friday 8.30am to 4pm. Queries can be emailed to us at ruh-tr.paedscfsme@nhs.net

Our administrative team will do their best to help answer your query or will pass on a message to your therapist.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 821340 www.ruh.nhs.uk/cfs

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

Further information can be found at our website: www.ruh.nhs.uk

Supporting Young People with CFS/ME

Managing feelings in CFS/ME: the help available



It can be hard adjusting to an illness and learning to manage it.

Young people with CFS/ME can sometimes struggle with feeling worried, down, or fed up.

For some young people these feelings fade as their CFS/ME improves and they recover. Others may need help in understanding and learning to manage these feelings.

Young People with Chronic Fatigue Syndrome/ME may experience a range of symptoms, including tiredness and pain. This leaflet will explain some of the different help options available if you are also struggling with difficult feelings.

Managing feelings in CFS/ME

What help is available?

Cognitive Behavioural Therapy (CBT) is known to be helpful for young people with CFS/ME.

CBT looks at the links between **the way you think, how you feel** and **what you do**. It helps by creating new ways of managing difficult thoughts and feelings.

CBT involves a series of one-to-one sessions with a healthcare professional trained in mental health, e.g. a psychologist. You can read more about CBT in our CBT leaflet.

Where can I get help?

CBT is one of the treatments offered in our specialist CFS/ME service. CBT is also available in other services including community CAMHS (Child and Adolescent Mental Health Services).

Together with you, we will help to work out what help you might need and where best to get this support.



CBT in the CFS/ME service

The CFS/ME service offers CBT to young people who are struggling with difficult feelings related to their illness and can help them to:

- **Adjust** to a CFS/ME diagnosis, build **acceptance** and **engage** in treatment
- **Explore the links** between CFS/ME, activity levels, rest, and thoughts and feelings
- **Build and work towards goals** for recovery
- **Explore beliefs** about illness and recovery
- Find **new ways of managing symptoms** e.g. pain or disrupted sleep
- **Challenge unhelpful thoughts** that may be affecting progress with treatment and recovery
- **Re-build self-confidence** and enjoyment of activities
- **Learn to manage CFS/ME symptoms** in a flare-up

CBT in CAMHS or other mental health services

You may be best supported by CAMHS or other specialist mental health services if you have more complex emotional needs.

This could include difficulties such as anxiety, depression, eating disorders, trauma, OCD, and others. CAMHS also support young people who are feeling very low or are in crisis.

CAMHS offers CBT, as well as other treatments such as family therapy, art therapy and sometimes group work.