

Patient information

Mental Health Pain Clinic

The clinic is part of a comprehensive service aimed at helping patients who are experiencing chronic pain. It delivers psychological therapy/strategies for pain management and offers assessment of any mental health needs.



Emergency numbers

999 or 111

First Response Service: 0808 196 3494

Samaritans: 01284 750000

How does it work?

Professionals within the pain service will discuss your referral with you. If you agree, an appointment will be made for you at a time that is convenient.

The appointment is an opportunity to discuss any worries, your pain experience or concerns you may have and to assess your mental health/wellbeing.

Following on from your initial assessment we will then work through a number of psychological strategies to manage this.

We are also happy to meet with your partner, a family member or main carer, but only with your permission.

We may call you to discuss appointments.

During the appointment

At the beginning of each session you will be asked to complete some questionnaires which will help measure your progress.

At the end of your treatment

There is a feedback form for you to complete at the end of your treatment.

Your views are really important to us so please do take a few minutes to complete it.

Purpose of the clinics



Checklist of Assessment

Consent to share information	Y/N	
Medications and side effects discussed	Y/N	
Copy of assessment offered to patient	Y/N	
Written information provided	Y/N	N/A
Next of kin details discussed	Y/N	
Consent to share plan of care with next of kin	Y/N	
Method of transportation		

Agreed plan and follow-up

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For further information contact

Mental Health Pain Clinic, West Suffolk Hospital Pain Team: 01284 713330

Clinical support administrator: 01284 712970

In case of emergency

Contact your GP

If immediate risk presents - call 999 or 111

or Samaritans on 01284 750000

Other emergency information

First Response Service 0808 196 3494

Turning Point 0300 123 0872

Relate 0300 100 1234

Citizen's Advice Bureau 0344 411 1444

Young Minds 0808 802 5544

www.bigwhitewall.com 0203 741 8080

www.counselling-directory.org.uk

