
Comments from previous patients

"I would like to thank them for their understanding of the nature of my condition and for their help and suggestions about my further care needs. Thank you."

"I have really benefitted from my time here. She made me feel at ease, she was understanding and has really helped me"

"I was very glad of my visits and getting things off my chest. Also approaching things that I was frightened to say. My inner self is happier now. My life is brighter now and I've got something to strive for."

"[My psychologist] has been fantastic. She has been very caring and understanding. She always made me feel valued and heard. Her help has really contributed to my overall well-being. We can both see the improvement and difference coming here has made."

Contact and feedback

For queries about your appointment please contact Solihull Hospital Dermatology Department on 0121 424 5147

We are always seeking to evaluate our service. You will be sent an online survey after your appointment to complete. This is your opportunity to give anonymous feedback about the service and to help us improve

Useful links for further information

British Association of Dermatologists patient information and support website:
<http://www.skincareuk.org.uk>

Document on the link between post-traumatic stress and some skin conditions:
<https://www.ptsduk.org/skin-conditions/>

Journal article outlining the importance of the connection between skin and wellbeing:
<https://practicaldermatology.com/articles/2019-feb/perspective-mental-health-is-skin-health>

Solihull Complex Dermatology Clinic



A specialist multidisciplinary clinic for your skin



Dr Jon Goulding
Consultant Dermatologist



Dr Natasha Harper
Consultant Dermatologist



Dr Jodie Fellows
Clinical Psychologist



Dr Helen Mortimer
Clinical Psychologist



Dr Druba Bagchi
Consultant Psychiatrist

Who is the clinic for?

Living with a dermatological condition can be difficult, and impact greatly on a person's psychological wellbeing and quality of life.

We know that there are intricate links between the skin and mind.

Emotional stress, distress and difficult life events can directly impact upon the skin. These links can be complex and it sometimes requires a specialist service to provide expert help.

The Solihull Complex Dermatology clinic has a specific focus on assessment and treatment of skin conditions where there may also be psychological or emotional factors to be considered.

Different people will experience difficulties like this to different degrees and you may or may not feel that this is relevant to you. This is okay, and appointments are flexible and will vary depending on your individual needs.

The clinic has been set up to provide holistic care and to offer a broad range of treatment approaches.

What to expect

Your appointment will be with a Consultant Dermatologist and Clinical Psychologist and will last for up to 45 minutes.

The consultation will involve discussion about:

- Your skin
- Medical history
- General life circumstances
- Psychological well-being

It will also usually include:

- Skin examination by the dermatologist
- Questionnaires

Outcomes from appointments may include:

- Recommendations for further investigations
- Advice
- Changes to your treatment suggested
- Referral to other departments/services
- Further appointment with one of our clinical psychologists for assessment or psychological therapy
- Appointment with our colleague, a consultant psychiatrist
- Further appointment with, or discharge from, the complex dermatology clinic