

The British Psychological Society

Promoting excellence in psychology

Health psychology

Health psychology is primarily concerned with people's experiences of health and illness.

What do health psychologists do?

Health psychologists use their knowledge of psychology and health to promote general well-being and understand physical illness.

They are specially trained to help people deal with the psychological and emotional aspects of psychological and emotional aspects of health and illness as well as supporting people who are chronically ill. Health psychologists promote healthier lifestyles and try to find ways to encourage people to improve their health. For example, they may help people to lose weight or stop smoking. Health psychologists also use their skills to try to improve the healthcare system.

For more information on how to become a health psychologist, discover your journey into psychology at...

www.bps.org.uk/careers



The British Psychological Society