

ACCESSING EMOTIONAL SUPPORT IF YOU HAVE A CANCER DIAGNOSIS

Waiting for a diagnosis or
just been diagnosed with
cancer?



Seek support from your Clinical Nurse Specialist (CNS)

If you don't know who this is, ask a member of your medical team



Access Maggie's, Macmillan and other cancer charities



If you are in a mental health crisis
and require urgent support,
**call 111 & select the mental
health option or go to A&E**

Where to get urgent help:
Call 116 123 for Samaritans
Text 'SHOUT' to 85258

Need psychological support as you are going through cancer treatment?



Speak to your CNS about referral to your hospital cancer psychological service

This can be accessed following diagnosis, whilst you're going through hospital treatment and in the early stages of your recovery



Continue to make use of Macmillan, Maggie's and other cancer specific charities

This can be accessed at any stage of your cancer experience

Online resources






www.cancercaremap.org aims to help you find cancer support services in your local area, tailored to different populations or groups of people



www.can-empower.org.uk is designed to help you cope with the psychological and emotional challenges of living with cancer



Finding it hard after treatment or when you are in stable remission?

-  Refer yourself to your local Talking Therapies Service
-  Attend a workshop on Fear of Cancer Recurrence
-  Continue to access Macmillan, Maggie's and other cancer specific charities
Where Now, HOPE and Moving Forwards courses can be really helpful

Accessing specialist palliative care services?

-  Talk to your palliative team or local hospice about what they can provide to you

Need support as a carer or family member?

-  Maggie's are there for anyone affected by cancer, not just the cancer patient
-  Refer yourself to your local Talking Therapies service

HOSPITAL-BASED CANCER PSYCHOLOGICAL SERVICES



Hospital based psychological teams work closely alongside cancer doctors and nurses to help manage the impact of cancer and treatments and support you in decision making.

Waiting times to see a hospital based psychological specialist will vary. Your local service will tell you what to expect.

If you think you would like to speak with a psychological specialist, talk to your CNS or another member of your cancer team. You will usually be referred to the service within the NHS that is providing your cancer treatment.

More information can be found on each NHS Trust website:

- ▶ [Homerton Hospital](https://www.homerton.nhs.uk/cancer-services/)
<https://www.homerton.nhs.uk/cancer-services/>
- ▶ [Queens & King George Hospitals](https://www.bhrhospitals.nhs.uk/cancer-psychological-therapy-service/)
<https://www.bhrhospitals.nhs.uk/cancer-psychological-therapy-service/>
- ▶ [St Barts, Whipps Cross, Royal London & Newham Hospitals](https://www.bartshealth.nhs.uk/cancer-support)
<https://www.bartshealth.nhs.uk/cancer-support>

TALKING THERAPIES SERVICES



Talking Therapies offer confidential support to anyone aged 18 or over experiencing emotional difficulties including problems resulting from health conditions such as cancer.

Talking Therapies aim to help you feel better, improve your quality of life and gain tools to manage your life problems. Waiting times for the first and subsequent sessions will vary. Your local service will tell you what to expect.

You can be referred to your local NHS Talking Therapies service by your GP, or self-refer:

- ▶ Barking & Dagenham, Havering, Redbridge and Waltham Forest
Tel: 020 7683 427878
www.talkingtherapies.nelft.nhs.uk
- ▶ City & Hackney
Tel: 020 7683 4278
www.cityandhackneytalkingtherapies.homer-ton.nhs.uk
- ▶ Newham
Tel: 0208 175 1770
www.elft.nhs.uk/newham-talking-therapies
- ▶ Tower Hamlets
Tel: 0208 175 1770
www.elft.nhs.uk/tower-hamlets-talking-therapies

OTHER ORGANISATIONS



Macmillan Cancer Information and Support Services - Drop in for free and confidential support & information including benefits, self-help, practical support and signposting to other services.

Tel: 0808 808 00 00

Maggie's Barts have a range of emotional and supportive offerings for anyone affected by cancer (including relatives and carers) including a comprehensive group programme and access to a psychologist.



Tel: 020 3904 3448 Email: barts@maggies.org

Hospice psychological support services see palliative patients and families (including children) where the patient is already cared for by the hospices. Bereavement support is available for the families of patients cared for by the hospices.



St Joseph's Hospice
Serving East London
and the City

St Joseph's Hospice
Tel: 0300 303 0400

Saint Francis Hospice
Caring for you



Saint Francis Hospice
Tel: 01708 758 606