Cancer Psychological Services

How could this service help me?

Living with cancer can lead to many different feelings. Some people may find it difficult to cope. They may struggle with feelings such as low mood, worry, anger and fear. Sometimes people become overwhelmed by these feelings. This service will offer you an opportunity to talk with someone trained in emotional well-being. You can think together about different ways of coping with the impact of cancer. Many people find it helpful to discuss their situation in confidence with someone outside of the family.

Examples of problems that this service can help with:

- Feeling anxious or having panic attacks
- Feeling angry
- Low mood or feeling upset
- Coping with adjustment, change and loss
- Worries or fears about the future
- Adjusting to your diagnosis and loss of confidence
- Decisions about your treatment and medication
- Managing the demands of home and family life
- Coping with pain, fatigue and treatment side-effects
- The impact of cancer on relationships
- Feeling unhappy about the way you look
- Coping with how cancer affects your self-esteem

Who will I see?

You will see the same person at each appointment. This will be a Clinical Psychologist, a Psychologist in Clinical Training (under their supervision) or a counsellor. When we receive your referral we will decide which clinician you will see.

What will happen at my first appointment?

The purpose of your first appointment is to get an understanding of the difficulties that led you to seek help and how these difficulties are affecting your life. The appointment will usually last for 1 hour. We will discuss with you whether we feel you would benefit from therapy sessions and you will be offered further sessions if this seems appropriate. Sometimes there will be other services that can better meet your needs. Occasionally, the assessment will take more than one session.

What happens next?

If this is the appropriate service to help with your difficulties, you will receive an appointment to begin therapy as soon as possible. Therapy sessions may be offered weekly, fortnightly or monthly. You can discuss this at your appointment.

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Where will I be seen?
At present, due to Covid-19, most of our appointments are done via a telephone or video call. Your first appointment letter will tell you exactly where your first meeting will be held.

What happens with the information that I share?
We will always do our best to ensure that the information you share remains confidential. Notes made in your appointment will be kept securely and separately from your medical records. After your first appointment we would usually write a letter to you including a brief summary of our understanding of your difficulties; normally we would also send this letter to the other health professionals involved in your care. We will discuss this with you at your first appointment. If you have any concerns about confidentiality please let us know.

If we believe that there is a risk of harm to you or others we would need to share this information. We would always try to talk with you before doing so. We will talk to you about confidentiality at your first appointment.

How soon will I be seen?
We will endeavor to see you within 18 weeks of receiving your referral.

What if I cannot make my appointment?
Please call to cancel your appointment as soon as possible so that we can offer it to someone else. Please contact the Cancer Team Secretary on **01484 343490.**

If you have any comments about this leaflet or the service you have received you can contact: **CancerPsychological.Services@cht.nhs.uk**

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਕੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,

ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ي معلومات کسي اور فارمیٹ یا زبان میں درکار ہوں، تو براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"