

## Contact us

If you have any questions about the Macmillan Cancer Psychological Support Service or wish to make a self-referral then you can contact us on **07975 232379** (Mon-Thursday 9-5pm, Friday 9-2pm). If there is no one to take your call please leave your name and contact details and the psychologist will make contact.

You can also email the service at [esth.caps@nhs.net](mailto:esth.caps@nhs.net)

**Please note due to the nature of the service it may take several days for you to receive a response.**

You can also talk to a member of your cancer medical team about the service and they are able to make a referral for you.

**NO ONE  
SHOULD FACE  
CANCER  
ALONE**



***Great care to every patient, every day***

Patient Advice and Liaison Service (PALS) 020 8296 2508  
Main Switchboard 020 8296 2000

Chairman Gillian Norton | Chief Executive Daniel Elkeles

**MACMILLAN  
CANCER SUPPORT**  
RIGHT THERE WITH YOU

**NHS**

Epsom and St Helier  
University Hospitals  
NHS Trust

## Psychological Support For People Affected by Cancer

**This leaflet explains more about psychological support for people affected by cancer and the Macmillan Cancer Psychological Support team (CaPS).**



## What is the Macmillan Cancer Psychological Support (CaPS) Service?

Diagnosis and treatment of cancer can have a big impact on the quality of life of patients, their family and carers. The CaPS service is here to help you cope with and adjust to the emotional and psychological challenges which can result from the experience of cancer.

### What can we offer?

The service provides a range of different talking therapies including cognitive behavioural therapy (CBT), counselling and solution focused therapy. The service can provide information, support and practical help with discussing and thinking about the concerns you have related to cancer. Appointments last for an hour and people can vary in how many sessions they require. The service can provide up to around six to eight sessions and this will be agreed with yourself.

### The sorts of difficulties we can help you with include:

- Coping with adjustment, change and loss
- Living with uncertainty including fear of recurrence
- The effect of cancer on relationships and sex
- The impact of cancer on family life, self-care and work
- The impact of cancer on your body, identity and self-esteem
- Coping with the side effects of cancer and treatment including pain and fatigue
- Feelings of depression, anxiety, anger and sadness
- Trauma related to the experience of cancer and its treatment

The list is not exhaustive and people can be impacted by cancer in a multitude of ways, if you wish to discuss whether the service may be able to help you then please contact the service or talk to your CNS, Doctor or the Macmillan Support and Information Service managers.

## How do I access the service?

Any healthcare professional in your clinical team, or the managers at the Macmillan Support and Information Service can make a referral for you to the service. You will then be contacted by the Macmillan Psychologist to make an appointment for an assessment.

The service offers out-patient appointments at the Macmillan Butterfly Centre in Epsom and the Macmillan Cancer Information Centre at St Helier. If you are an inpatient then you can be seen on the ward at Epsom or St Helier Hospitals.

The service is free and we can offer adaptations to make sure you are able to use it such as arranging an interpreter.

### What happens next?

If you are referred to us we will contact you to arrange an initial outpatient assessment or if you are an inpatient we can come and see you on the ward. Your assessment will last for approximately one hour and we will discuss your difficulties and establish the priorities you have for support from the service. We will decide the best way the service can support you and develop a treatment plan that will detail arrangements for future appointments. This information will be put in writing and sent to you and your GP and referring consultant or clinical nurse specialist.

### What if I need urgent support?

If you are in crisis or need to be seen urgently contact your GP or visit your local A&E department.

If you are an inpatient and need to speak to someone urgently then speak to the ward staff and they will contact the hospital psychiatric team for you.

You can also contact:

<b>Macmillan Cancer Support</b>	0808 8080000 (8am-8pm 7 days a week)
<b>The Samaritans</b>	116 123 (24 hours a day, 365 days a year)