


Get in touch

Macmillan Cancer Psychological Support (CaPS)
Service at Epsom and St Helier Hospitals

 07975 232379

 esth.caps@nhs.net

 Open Monday - Thursday 9am - 5pm; Friday 9am - 2pm

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call the Macmillan Support Line 0808 808 00 00 (7 days a week, 8am – 8pm) or visit macmillan.org.uk.



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Macmillan Cancer Psychological Support Service

Epsom and St Helier University Hospitals NHS Trust

MACMILLAN
CANCER SUPPORT

When you or someone close to you has cancer, it can be a difficult time for everyone involved. You may have lots of worries and concerns. The Macmillan Cancer Psychological Support Service (CaPS) is here to help you cope with, and adjust to, the emotional and psychological difficulties associated with cancer.



Who we are

We are a specialist team of psychologists who support people affected by cancer at any stage of their care. We offer free, one-to-one appointments for people living with cancer, to help with cancer-related psychological difficulties. Appointments are also available to carers of cancer patients.



How can we help?

The service provides a range of different talking therapies including cognitive behavioural therapy (CBT), counselling and solution-focused therapy. We will explore practical ways to help you cope with the following issues:

- adjusting to a cancer diagnosis, change or loss
- living with uncertainty, including fear of recurrence
- managing the side-effects of treatment, such as pain and fatigue
- coping with emotions such as fear, worry, sadness, anger and frustration
- balancing the demands of home, work and family life while caring for yourself
- adjusting to changes in appearance and body image concerns
- managing concerns related to fertility and sexual intimacy

Questions? Call us on
07975 232379



What happens during my appointment?

We provide a safe environment where you can share your concerns. We will listen to how you are feeling, let you talk about your worries and help you identify the main difficulties you are facing.

Using talking therapies, we may be able to suggest coping strategies and will explore with you what support would be best suited to your needs.

If you are referred to us, we will contact you to arrange an initial assessment, where we will discuss your difficulties and decide the best way the service can support you. We will also develop a treatment plan for future appointments. This information will be put in writing and sent to you, your GP and your referring Consultant or Clinical Nurse Specialist (CNS).

All appointments last for an hour and we can provide up to eight sessions. The number of sessions you require will be agreed with yourself.

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 in-patient you can be seen on the wards at Epsom or St Helier Hospitals.



How can I access the service?

If you or your relative are receiving cancer treatment from Epsom and St Helier University Hospitals, you are welcome to call us on 07975 232379 to arrange an appointment at either location, or to ask any questions you may have.

Alternatively you can ask your CNS, doctor or the Macmillan Information and Support Centre to make a referral to our service.