

What if I don't want to speak face-to-face at the moment?

Ensure

Sometimes you may not be ready to talk to someone face-to-face. You may also not feel well enough to go out.



The organisations below can provide support over the phone and the internet.

- **Macmillan**

Support for those affected by cancer

Call 0808 808 0000 (freephone)

Online communities

<https://community.macmillan.org.uk/groups/>

- **Samaritans**

Support for people in crisis

Call 116 123 (freephone and available 24 hours a day, 7 days a week)

Email jo@samaritans.org

What local cancer-specific support services are there?

There are a number of services available. These include:

- Local support groups
- Local counselling and complementary therapy services
- Support options for your loved ones

The staff at the NGS Macmillan Cancer Information and Support Centre, Chesterfield Royal Hospital, will be able to talk to you about the different options.

You can drop in without an appointment, or make an appointment for a one-to-one discussion.

To contact the Macmillan Information and Support Centre, Chesterfield Royal Hospital call **01246 516406**

Looking after your emotional health if you are affected by cancer

“How to get support when you need it”

Patient information leaflet



Introduction

This leaflet contains details of services that can help you to look after your emotional health. This leaflet includes details of general support services and cancer-specific support services.

How do I know if I need support with my emotional health?

Signs of emotional health difficulties can be different for everyone. Some common signs of emotional health difficulties can include:

- Sleeping more or less than usual
- Poor concentration
- Lack of energy
- Changes in your appetite
- Less motivation to do things
- Tummy problems
- Racing thoughts
- Feeling on edge
- Feeling like talking to other people is too much
- Crying more than usual

Sometimes cancer, and cancer treatment, can lead to some of these difficulties. This can make it hard to know the reason for the way you are feeling.

Where can I learn more about how to look after my emotional health?

You can visit the Macmillan Cancer Support Website

<https://www.macmillan.org.uk/>

The NGS Macmillan Cancer Information and Support Centre, Chesterfield Royal Hospital, has information booklets on emotional health that you can pick up for free.



Should I speak to my GP?

You may decide to read this leaflet and speak to your GP. Your GP will be able to give you advice and put you in touch with people that can support you. Your GP may talk to you about a number of options such as talking therapy or medication.

If you are concerned about your safety, or the safety of anyone else you should ring your GP or 111. If you have harmed yourself call 999 or go to A&E straight away.

What is talking therapy?

When things are difficult it can be easier to talk to someone you don't know than the people you are closest to.

During talking therapy a trained therapist or counsellor will help you to talk about your difficulties and help you find your own answers.

Talking therapy sessions are confidential. The only time that this confidentiality does not apply is if you say something that suggests that you or someone else may be at risk of harm. The therapist will often talk to you about this first.

How can I ask for talking therapy?

Anyone can self-refer for talking therapy. Your friends and family can also refer themselves for talking therapy. You do not need to pay for the therapy. There are three talking therapy services to choose from in Derbyshire:

- **Insight Healthcare**
Call on 0300 555 5582
Email: east.midlands@insighthealthcare.org
- **Talking Mental Health**
Call 0300 123 0542
Email dhcft.talking@nhs.net
- **Trent PTS**
Call 01332 265 659
Email enquiries@trentpts.co.uk