

Psychological support for people affected by cancer



Macmillan Cancer Psychological Support team (CaPS)

This leaflet explains more about psychological support for people affected by cancer and the Macmillan Cancer Psychological Support team (CaPS). If you have any further questions, please speak to a doctor or nurse caring for you.

What is the Macmillan Cancer Psychological Support team (CaPS)?

Diagnosis and treatment of cancer can have a big impact on the quality of life of the patient, their family and carers.

The CaPS team is here to help you cope with and adjust to the emotional and psychological challenges which can come with cancer. We offer information, support, practical help and the chance to discuss concerns related to your cancer.

Patients and carers can access a range of talking therapies with a counsellor or clinical psychologist. The service is confidential - we won't share details of our sessions with anyone before discussing this with you, unless you or others are at risk.

We can also support you in managing cancer alongside existing mental health issues, and support from a liaison psychiatrist is available for more complex mental health needs.

The sorts of difficulties we can help you with include:

- Coping with adjustment, change and loss
- Living with uncertainty, including fear of recurrence
- Coping with how cancer affects relationships and sex
- Feelings of 'stuckness' and finding it hard to move forward
- Balancing self-care with work, home and family life
- Feelings of depression, anxiety, trauma and anger
- Coping with pain, fatigue and treatment side-effects
- Feeling unhappy about changes in the way you look
- Coping with impact on self-esteem, confidence and identity
- Coming to terms with possible end-of-life issues
- Talking to children about cancer.

How do I access the service?

Any healthcare professional in your clinical team, or the staff at the Macmillan Support & Information Service, can make a referral for you by completing a referral form. Please request this if you think our service could help.

You can also refer yourself by calling 020 8725 0461 or emailing: cancer.psychologicalsupport@stgeorges.nhs.uk

We can see you with your partner or family member(s) if helpful and can provide limited individual support to family members.

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. At the assessment we will explore your concerns and priorities, and decide with you the best way we can help. If you are offered further appointments a treatment plan will be discussed, tailored to your individual needs.

What if I need urgent support?

If you are an **outpatient**, we cannot provide a rapid response service. If you are in crisis or need to be seen urgently, contact your GP or visit your local emergency department (A&E).

You can also contact:

Macmillan Cancer Support

0808 808 0000 9am-8pm, Monday to Friday

The Samaritans

116 123 24hrs a day, 365 days a year.

If you are an **inpatient** with urgent needs, it may be possible to access our team quickly. Your clinical team should make an urgent referral to us by completing our referral form.

Contact us

If you have any questions or concerns about the Macmillan Cancer Psychological Support team, or would like to discuss being seen by the team, please contact the service on 020 8725 0461 (Monday to Friday, 9am to 5pm). Or email

cancer.psychologicalsupport@stgeorges.nhs.uk

You can also ask a member of your clinical team about the service, or drop in to the Macmillan Support and Information Service at St George's Hospital (Grosvenor wing).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit
www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

Web: www.nhs.uk

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health

NHS 111

Tel: 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

If you need this leaflet in large print, braille, another language or an alternative format, please contact us using the details above.

