



**Bradford Teaching Hospitals**  
NHS Foundation Trust



# Cancer Psychology Service

Clinical Health Psychology







## **Clinical Health Psychology Specialist Cancer Service**

We are a team of psychological therapists that work alongside your cancer healthcare team. This leaflet tells you about what we do.

### **Why do psychologists and counsellors work in the cancer healthcare team?**

Receiving a cancer diagnosis, and going through cancer treatment, can often bring a number of challenges and life changes. These are naturally difficult to deal with, both for those living with the diagnosis and those close to them.

Often, people are able to manage using ways of coping they have learnt through their lifetime or with support from family, friends and healthcare professionals. However, sometimes the difficult thoughts and feelings can impact on day-to-day life, mood and relationships in a way that feels unmanageable. When this happens, some people find it helpful to speak to a professional who has an understanding of the psychological effects of cancer, in a confidential setting.

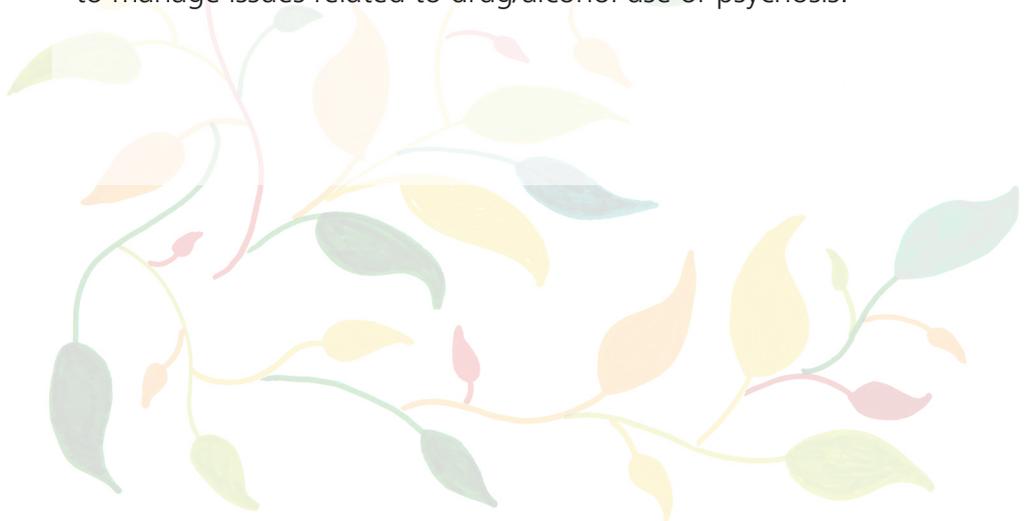
## What our service offers

Our service helps people through talking therapy, which means that we don't prescribe medication or diagnose mental health problems. We can support people at any stage of illness, treatment or recovery. Common concerns that people talk to a psychologist or counsellor about include:

- Feeling low, upset or angry after a diagnosis or treatment for cancer
- Decisions about treatment and coping with treatment
- Worries or fears about the future
- Changes to the body after cancer or treatment
- Difficulties in relationships including sexual intimacy

We offer 1:1 sessions drawing on a range of psychological approaches to suit each individual. If you require your sessions to be delivered in another language we can arrange an interpreter.

We can also help direct people to other services if the concerns are not directly related to cancer, for example where there are longstanding relationship difficulties, or where people are struggling to manage issues related to drug/alcohol use or psychosis.



## How can I access the service?

You can request a referral with your GP or other member of your health care team. We aim to offer appointments as soon as possible, but there is usually a short wait to be seen.

## About the sessions

The first meeting is an opportunity for you to discuss your concerns and decide together whether a psychological approach would be a good fit for you. Appointments last up to 50 minutes and you can choose to attend our outpatient department in Horton Wing at St Luke's Hospital for a face-to-face appointment or you can request remote sessions by telephone or video. If you are an inpatient, we would be able to meet you on the ward. In some cases where people are physically unable to leave their home we are able to offer home visits. After the first meeting we will agree together whether we will meet again, how often we will meet and for how many sessions you will have.



## What if I need more urgent support?

If you are experiencing significant distress, or are having thoughts about harming yourself or ending your life, you can contact the following:

- Your GP
- First Response Bradford Tel: 0800 952 1181
- Emergency services (local Emergency Department or ring 999)
- The Samaritans Tel: 116 123





## Further Information

If you would like to discuss a referral to our Cancer Psychology Service, please talk to a member of your clinical team (such as your oncologist, consultant, clinical nurse specialist or GP) or for further information please contact:

**Clinical Health Psychology on: 01274 365176**

(8.00am – 4.00pm - an answer machine is available outside of these times).

## **People with hearing and speech difficulties**

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

## **Accessible Information**

If you need this information in another format or language, please ask a member of staff.

## **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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