Psychological Support for Cancer Patients

Introduction

This leaflet is for patients who require emotional support at diagnosis, during treatment or after treatment has finished.

Psychological Support Team (Tel: 01305 254653)

This service is available to patients via self-referral. Please contact the above number and leave a message and we will get back to you. We can offer:

- Psychological assessment (1-2 sessions)
- Telephone/email support
- Individual ‘problem-solving’ session/s (1-2 sessions)
- Individual counselling sessions (6-8 sessions)
- Signposting to community services, e.g. local mental health services.

Online Support:

www.facebook.com/Dorsethealthcoaching

This Facebook page has been designed by the DCH Psychological Support Team. The aim is to provide accessible psychological support and resources for all people living with long-term medical conditions and their families.

Please bear in mind that you will be disclosing your personal details if you post on the site.

www.myhealthdorset.org.uk

This is a support service for people living in Dorset whose lives are affected by a long term medical condition. It provides non-clinical general support from specially trained health coaches who can help you to take control of, and manage your condition.