



Cancer Services

Counselling Service for Cancer Patients

Introduction

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

Counselling Service

This service is available to patients or members of their family who are affected by cancer and can be accessed via your medical professional at the hospital. Please ask to be referred and we will get back to you. We can offer:

- Telephone support
- Counselling sessions
- Psychological assessment
- Signposting to other community services available

Alternative External Sources of Support:

The Dorset Self-Management Service

www.helpandcare.org.uk/services/self-management Tel: 0303 303 0153

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.

Macmillan Cancer Support

www.macmillan.org.uk Tel: 0808 808 0000

This is a charity that knows how a cancer diagnosis can affect everything. They offer support for you to help you take back some control in your life. This can range from money worries, advice about work, to someone who will listen if you just want to talk.

Steps2Wellbeing Southampton and Dorset

www.steps2wellbeing.co.uk Tel: 01305 761501

This service is a free confidential NHS counselling service for adults across the county of Dorset.

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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