



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 counselling
- Video counselling via Attend Anywhere
- Face-to-face counselling
- Signposting to other community services.

Alternative external sources of Support:

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 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

Freephone Tel: 0800 484 0500

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

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 manage and control your condition.

About this leaflet:

Author: Sylvia Carpenter, Counsellor
Written: March 2016
Updated & Approved: February 2023
Review Date: February 2026
Edition: v3

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



© 2023 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY

www.dchft.nhs.uk