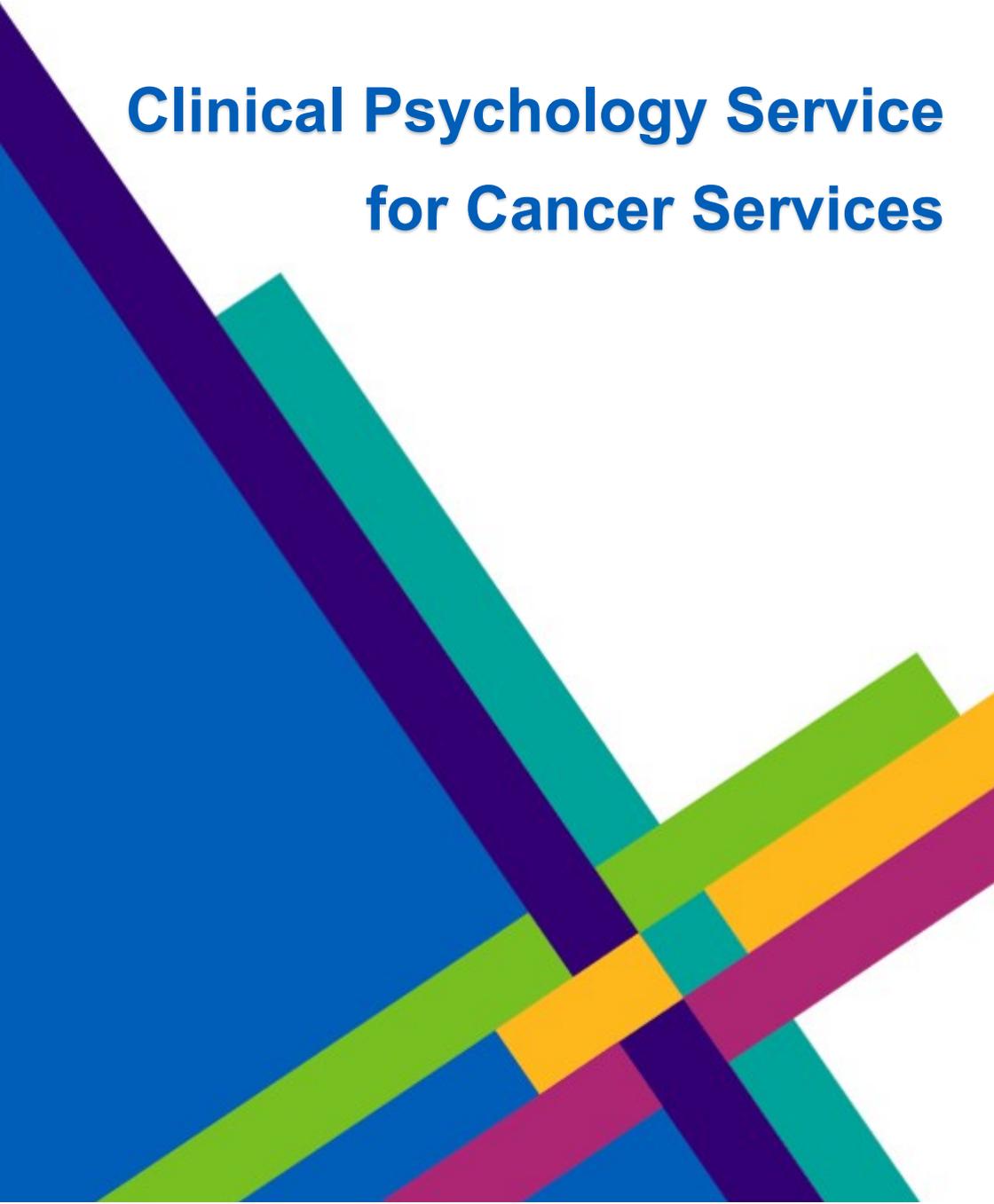




Salisbury
NHS Foundation Trust

Clinical Psychology Service for Cancer Services



What do The Psychology Team do?

Diagnosis and treatment of cancer can have a big impact on quality of life, for you the patient, your family and carers. The Psychology team can help you cope with and adjust to the emotional and psychological challenges which can come with cancer. We offer a variety of therapeutic approaches that are tailored to fit your specific emotional needs. Therapy sessions encourage you to talk about your difficulties and get a full understanding of your problems. We then work together to help you develop ways of managing and understanding your emotions.

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
- 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 can Psychology help me?

Many people find that talking about how they feel at an initial session with a team member is enough to help them feel less overwhelmed. If you feel that further support would be useful, we can work with you to find ways of managing your emotions. If relationships become hard we can also work with couples and even whole families if that might be helpful.

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.

How do I access the service?

Ask any member of your medical team to complete a referral form for you. You will then be offered an assessment appointment.

Appointments can be face to face at the Clinical Psychology Department at Salisbury District Hospital, or if you are struggling with travelling you can be seen virtually via video consultation.

The first appointment will be an assessment of your current difficulties and the possible development of these problems. The person you see can then discuss the options and decide with you if further sessions would be beneficial.

