

Respecting your privacy

During your appointments with us you may want to talk about very private or personal things. We will always respect your privacy and only share information about you with your agreement and when necessary.

We will talk to you about this in detail when we see you. If you have any questions or concerns, please ask us.

Contact details

If you have any questions about the support we provide, or if you would like to make an appointment, please contact us on:

Tel: 020 3447 9086
Fax: 020 3447 9064

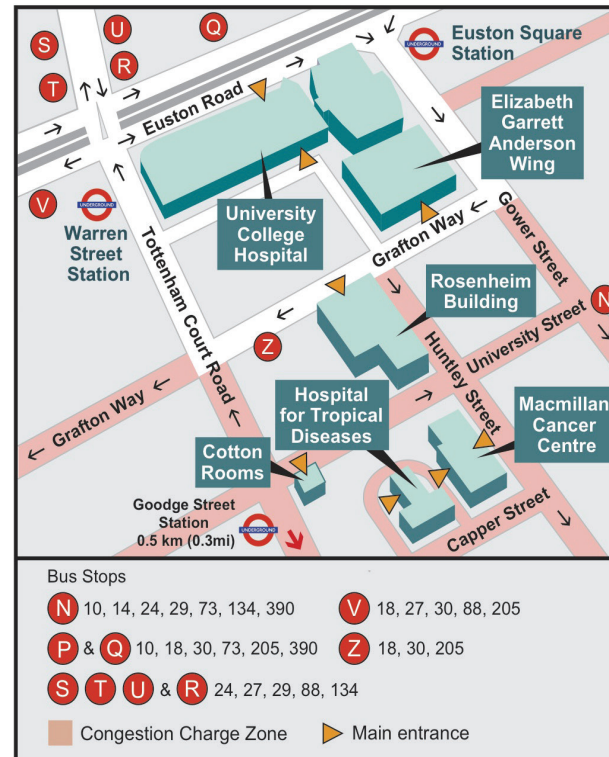
Hospital switchboard:

0845 155 5000 or
020 3456 7890

Website: www.uclh.nhs.uk

If you need a large print, audio, braille, easy read or translated copy of this leaflet, please contact us on 020 3447 8663. We will do our best to meet your needs.

How to find us



Publication date: April 2015
Last review date: May 2017
Next review date: May 2019
Leaflet code: UCLH/S&C/CD/TYA/PSYCHONCOL-TM/2
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Safety
Kindness
Teamwork
Improving

uclh

University College Hospital

The psych-oncology team

Children and young people's cancer services



Introduction

Being diagnosed with cancer can affect many aspects of life, including your emotional and psychological wellbeing. It can change the way you think, feel or cope with day-to-day life, and affect your relationships. It can affect your loved ones in these ways too.

A lot of people look for support at this time to help them deal with the difficult journey of living with cancer. The type of support may include:

- having a chance to share what is going on
- feeling better understood
- communicating something difficult to their families, partners or teams
- getting specialist advice and treatment
- finding some time on their own, with family or in a group to make sense of what is happening.

Meet the psych-oncology team

We are a team of clinical psychologists, psychotherapists and psychiatrists. We use a range of different approaches to help with the emotional and psychological effects of cancer and its treatment.

These include talking, cognitive behavioural therapy (CBT), mindfulness, narrative therapy, family work and medication. We will tell you more about what they are and how they can help you.

We work closely with different healthcare professionals involved in your care to ensure that all your needs are met.

It is entirely up to you when you choose to see us. You and your family may not feel like talking about things when you are having your treatment. It may be after your treatment is finished that you find our support helpful.

Can I see a member of your team?

We offer support to young people up to 25 years old who have or have had a cancer diagnosis. We will also see your family members and partners if they are experiencing difficulties that relate to your cancer.

How can I be referred?

If you or your family would like to receive support from our team:

- please speak to your CNS, doctor or ward nurse and they will contact us on your behalf, or
- contact us directly using the contact details on the next page.

Where will you see me?

We can see you:

- on the ward
- on the day care unit where you are being treated
- in the radiotherapy department, or
- in our clinic rooms on the 3rd floor of the University College Hospital Macmillan Cancer Centre.