



Cancer Care Counselling Service



Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

A diagnosis of cancer is life-changing for you and your family. How you feel can affect you both physically and emotionally. If your feelings are very strong, it can be difficult to think and act normally. These feelings could only last a short time, but if your feelings are stopping you from living normally for a long period of time, you may need extra help.

Maybe you feel anxious about cancer coming back. Uncertainty about the future can leave you feeling unable to move forward.

Maybe cancer has affected your relationships and family life.

Maybe you feel stuck in a loop of depression and fatigue.

Maybe you are experiencing challenges in balancing illness and the physical effects of treatment alongside the demands of life.

Maybe you are struggling with body image after treatment.

Maybe cancer has felt like a threat to your identity.

Maybe you're left feeling lost after treatment has ended.

Maybe cancer has challenged your philosophical/spiritual beliefs.

Maybe cancer has caused sexual/intimacy issues in your relationship.

We provide 6 sessions of one-to-one counselling for individuals in North Devon living with and beyond cancer, their partners and children. There is the flexibility to extend the

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