

How do I access this service?

Please talk to a healthcare professional such as your clinical nurse specialist, consultant, or doctor who will be able to refer you into our service.

Please note we are **not a crisis service**. To call the crisis team:
Telephone: 0800 138 0990 for patients
Telephone: (01482) 216624 or (01482) 205555 for professionals

Information about you

Under the General Data Protection Regulation and the Data Protection Act 2018 we are responsible for maintaining the confidentiality of any information we hold about you. For further information visit the following page: [Confidential Information about You](#).

www.hey.nhs.uk/privacy/dataprotection.

Suggestions and Feedback

We welcome suggestions and feedback. If you can think of any way in which we could improve our service, please do not hesitate to tell us.

Cancer Psychological Service

Queen's Centre for Oncology and Haematology
Entrance 1, Castle Hill Hospital
Castle Road, Cottingham
HU16 5JQ

Contact **(01482) 461060 / 461061** on Mondays to Fridays,
08.00am - 16.00pm (Closed on Bank Holidays)

Please visit our website for more information:
<https://www.hey.nhs.uk/psychology/cancer/>



Hull University Teaching Hospitals NHS Trust

Cancer Psychological Service



Information for Patients

Queen's Centre for Oncology and
Haematology (Castle Hill Hospital)

About Us

Welcome to the [Cancer Psychological Service](#) (previously named the Oncology Health Centre), based in the Queen's Centre for Oncology and Haematology at Castle Hill Hospital. This leaflet is intended to give you information about the service and how we may be able to help you.

Our aim is to support individuals and their loved ones with their emotional and psychological wellbeing during and after their oncological and haematological treatment. We offer this support via a broad range of therapeutic services including psychological therapy on an individual, couple or group basis. We provide a variety of support to cater to your needs.

Can we help you?

The types of concerns we support individuals and their loved ones with:

- Coping with the initial diagnosis of cancer
- Responding to the impact of cancer-related treatments
- Dealing with changes and adjusting to life circumstances due to the impact of cancer including work, social life, and relationships.
- Anxiety, depression and other mental health concerns relating to cancer
- Phobias related to cancer treatment
- Fear of cancer recurrence

- Adjusting to life after cancer
- Maintaining quality of life during, after and beyond cancer treatment
- Coping with pain caused by cancer and/or cancer treatments
- Coping with palliative care and end of life issues

In addition to supporting individuals and their loved ones whose lives have been affected by cancer, we can also:

- Provide practical advice about managing your emotional wellbeing
- Signpost you to information you may find helpful
- Provide information leaflets about coping with your illness, its treatments and side effects
- Provide access to various 'self-help' resources such as specific types of guided relaxation and visualisation

Quality of Life

Research has shown that many people find 'self-help' techniques such as relaxation and mindfulness helpful in improving quality of life throughout their cancer journey.

You are welcome to include members of your family or friends when you are talking to us. They may find it helpful to be involved. We are aware that they may have questions about your treatment. However, we will not discuss any aspects of your illness or treatment without your permission. We also offer support to your family and personal relations as we understand that cancer can affect anyone, even those without the diagnosis.