



Psychological Support & Mental Health Pathway Board

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Background/Introduction

Psychological distress in cancer patients is a significant and ongoing problem (see Macmillan: Developing Adult Professional Psychological Services for Oncology, 2015). Emotional and psychological long-term side effects of cancer and its treatment include depression, anxiety, memory problems, difficulty concentrating, sexual problems and reduced social skills. Although a certain amount of emotional distress is common, particularly around the time of a diagnosis, approximately 50% patients of experience levels of anxiety and depression severe enough to adversely affect their quality of life. By ensuring parity of psychological service across GM care providers we will improve patient experience and outcomes for all. It is estimated that 20% of healthcare costs can be saved in the long term by having trained psychological professionals embedded in cancer services.

Collaboration with NHS Greater Manchester Integrated Care on distribution of Z cards

We have collaborated with colleagues from NHS Greater Manchester Integrated Care Team to distribute information on mental health wellbeing. The Z card folds up but gives details of a range of mental wellbeing resources available in GM and nationally including Living Life To The Full, Shining a Light on Suicide, GM Bereavement Service, Papyrus, Silver cloud, Every Mind Matters and were provided by our colleagues at NHS Greater Manchester Integrated Care.



Education & Events



In June 2021 we delivered our first ever event. The event was co-produced with pathway board members including people living with cancer. The event was virtual due to the covid 19 pandemic. The event streamed live to around 150 attendees and covered the following topics:

- The palliative poets – Chris Seymour & Paul Spencer, Manchester Foundation Trust
- Help for the helpers – Vicki Carek, Greater Manchester Mental Health
- The power of peer support – Neil MacVicar, Shine & Karen Morris, Macmillan Connections
- Supporting psychological needs in follow-up & stratified care – Robin Muir, Maggie's
- Prehab4Cancer – Zoe Merchant, Greater Manchester Cancer & Padraig McDonnell, Greater Manchester Mental Health
- Creating a psychological therapy service for people affected by cancer – David Banks, Tameside Macmillan & Ann-Marie Middleton, Pennine Care
- Psychological flexibility – Louise Mozo-Dutton, Greater Manchester Mental Health

Workplan/deliverables:

The pathway board are also delivering on an extensive work plan as some of the agenda items at board are:

- Macmillan Psychosocial project - design would be a hub and spoke approach, working with partner organisations who currently have established psychological support at level 3-4.
- Research – part of a group looking at the use of psilocybin to aid cancer related distress from UoM.
- Education – subject matter experts for a psychological level 2 hybrid educational programme
- Guidelines – Production of clinical guidelines for anxiety and depression for use pan GM

We are also delivering a hybrid GatewayC live webinar in conjunction with our early diagnosis team at the 2022 Greater Manchester Cancer Conference. The webinar will be live on stage at the conference but also streamed to a wider audience.

Mental Health in Cancer

Wednesday 19th October, 12:50 – 13:35

Refresh your knowledge and hear the latest updates for Greater Manchester

This session includes an optional live Q&A

Speaker: Dr Daniel Anderson, Consultant Psychiatrist

[Register here](#)

