

Think Well with Cancer

NHS Talking Therapies Services



*Mental health and
wellbeing support for those
affected by cancer*

**Support for those registered
with a GP in Manchester,
Bolton, Salford, Trafford and
Wigan**

How can Think Well with Cancer support you?

Receiving a cancer diagnosis is life changing. It's normal to experience difficult thoughts and feelings along the way. Many people will want some additional support.

Talking Therapies can help you cope with difficulties, such as:

- Adjusting to life after a cancer diagnosis or treatment
- Adjusting to life with cancer as a long-term condition
- Feeling sad, worried, or hopeless
- Worrying about your health, the cancer getting worse, or coming back
- Coping with changes to your body after treatment
- Living with or caring for someone with cancer
- Losing a loved one
- Difficult memories or trauma related to the cancer experience

What is Talking Therapy?

Talking therapy offers a private space to talk through your thoughts and feelings. You can learn new ways to manage uncomfortable feelings. This may include skills to help you deal with difficult situations. Types of therapy include: Cognitive Behaviour Therapy (CBT), Counselling, and Trauma-focused therapies.



Our therapists can help you take steps towards living life more fully in your community. We offer a helping space away from hospital-based care. There are many services that support people affected by cancer. You can talk to a healthcare professional to find the right service for you.



A referral is made:

You or a health care professional can fill out a referral form online or call the service on the phone.



Phone-call assessment:

Within 6 weeks, a clinician will call you on the phone. They will ask you more about your difficulties and your goals. Then they will discuss next steps with you. The clinician will tell you the wait-time, depending on the agreed plan.



Talking Therapy:

There are different talking therapies. We try to make sure the type of therapy offered will fit your wants and needs.

It might include:

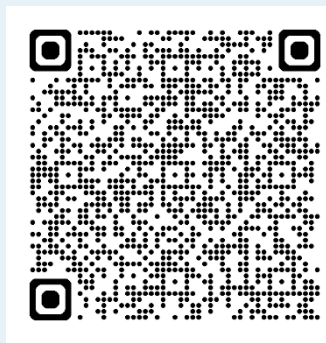
- 1:1 talking therapy
- Online 'self-help' with the support of a professional
- Wellbeing courses

How to access Talking Therapies:

You can sign up (or self-refer) online or get your GP or another healthcare professional to do this for you.

For further information and to make a referral please scan the QR code or follow the link below:

bit.ly/GMThinkWellwithCancer



Need urgent help with your mental health?

If you are experiencing a mental health crisis, or something that makes you feel severely unsafe, distressed, or worried about your mental health, you can now contact your local crisis service by calling **NHS 111** and **select the mental health option**.

You can still call our 24/7 crisis mental health helpline on **0800 953 0285** for **FREE** if you live in Manchester, Bolton, Salford, Trafford, and Wigan

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please contact the team by email on: gmcancer.admin@nhs.net

