



# Think Well with Cancer

## NHS Talking Therapies Services

NHS Talking Therapies now have **therapists who specialise in supporting people living with or beyond cancer**. We provide free, private talking therapies for adults affected by cancer.

### Talking Therapies can help people with:

- Mental health difficulties you had before cancer
- Adjusting to life with or after cancer
- Feeling sad, hopeless, or anxious
- Worries about the cancer progressing or returning
- Difficult or upsetting memories
- Support needs for loved ones and relatives

For further information and to **make a referral** please scan the QR code or visit the link below:  
**[bit.ly/GMThinkWellwithCancer](https://bit.ly/GMThinkWellwithCancer)**



Greater Manchester  
Mental Health  
NHS Foundation Trust



Greater Manchester  
Cancer Alliance



0161 773 9121



LTC@gmmh.nhs.uk



[bit.ly/GMThinkWellwithCancer](https://bit.ly/GMThinkWellwithCancer)

## Supporting People Affected by Cancer

Support available for people with a GP in Manchester, Bolton,  
Salford, Trafford and Wigan