

## INFORMATION FOR PATIENTS

---

# Cancer Psychology Service

---

This service is provided by clinical psychologists, counselling psychologists and trainee clinical psychologists, who specialise in supporting people who have cancer, as well as those who have completed treatment. It is not unusual to find it difficult to cope with a diagnosis of cancer, treatment and life afterwards. Our service works with patients, carers and staff to identify and address challenges with coping on this journey.

Psychologists are non-medical doctors who use psychological approaches to help you understand and manage troubling thoughts, feelings and behaviour.

### How can we help you?

Currently, we offer face-to-face psychological therapies for King's Mill Hospital patients, their partners and adult family members with all types of cancer. We also see patients who are under the Specialist Palliative Care Team based at John Eastwood Hospice.

Patients and their family members can also access self-help resources on our website. These resources include information leaflets, audio clips and videos which can be easily downloaded. You can visit our website at: [www.sfh-tr.nhs.uk/services/cancer-psychology-service/](http://www.sfh-tr.nhs.uk/services/cancer-psychology-service/)

### Engaging in psychological therapies

We will tailor your treatment to your individual needs and offer a range of therapies including Cognitive Behavioural Therapy (CBT), Acceptance Commitment Therapy (ACT), Compassion Focused Therapy (CFT), Eye Movement Desensitisation and Reprocessing (EMDR), and Mindfulness-Based Cognitive Therapy (MBCT).

Some of the ways in which we could help you to manage any difficulties more easily include offering you (and close adult relatives) time to talk about the physical and emotional impact of having cancer; supporting you to try out new ways to manage low mood, stress and other difficult emotions; giving you time to think about what is important to you in your life and helping you to access other services which may be of use to you.

If you are interested in using psychological therapies, please speak to one of your cancer healthcare team. Our therapy sessions are provided to you with your consent and would not interfere with your medical treatment. If you wish to opt out of therapy, you can do so at any time.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202505-01-CPS Created: May 2025 / Review Date: May 2027</p>
--