
CANCER COUNSELLING

EMOTIONAL SUPPORT FOR PATIENTS AND FAMILY



Cancer brings about many changes in a person's life, emotional as well as physical. We offer counselling as an important means of support for you and your family.

Feelings you may have

People deal with the experience of cancer in different ways, but at any point it is normal to feel:

- shocked, confused or out of control
- frightened, angry or sad
- concerned about treatment
- worried about the future
- overwhelmed by a sense of loss
- anxious about your body image and sexuality
- worried about the strain on personal/family relationships
- isolated and alone with your feelings

These feelings can also be experienced by your family and others close to you.

How counselling can help

Sometimes it may be difficult to express your feelings. You may be frightened of upsetting people who are close to you; equally, your family may be worried about upsetting you. It is often easier to talk to a professional counsellor than to your family and friends.

Counselling offers you a time and place where you can explore emotional issues in complete confidence. It allows you time to talk about, and make sense of, what you are feeling.

Counselling can help you explore ways of coping with your illness as well as how to discuss it with those close to you.

What we offer

Our qualified counsellor is very experienced in the field of cancer counselling. You can see her for a confidential session either

individually, as a couple or with other members of your family (including children aged five and over).

The hospital offers all patients and their families eight sessions free of charge. For those who have reservations and are uncertain about counselling, we offer a preliminary session so you can decide whether or not it is right for you.

Meet Helen Storey, Macmillan Cancer Counsellor

Helen is a qualified psychotherapist and specialist cancer counsellor, with over 20 years experience in giving emotional support to those impacted by cancer: both patients and their families, including children.

Helen offers a safe, confidential setting where you can talk honestly about your feelings and any concerns you have.

Making an appointment

To make an appointment you can contact the counsellor directly or via one of the nursing staff. If you would like an immediate consultation, we will do our best to arrange this.

To contact the cancer counsellor, please call +44 (0)20 7460 5972 or email helen.storey@cromwellhospital.com

Related services

The following services may also be of interest:

Breast care nurse	+44 (0)20 7460 5890
Therapies	+44 (0)20 7460 5749
Dietitian	+44 (0)20 7460 5566