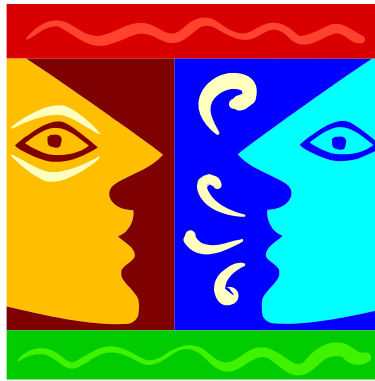


Emotional Support Therapy for Head & Neck Cancer Patients, Relatives and Carers

Patient Information Leaflet



Head & Neck Cancer Information & Support Services

University Hospital Aintree

Liverpool

United Kingdom

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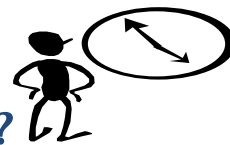
Introduction

We are able to supplement the emotional and supportive care provided by our Clinical Nurse Specialists and the Head and Neck Team, by offering an Emotional Support Therapist for patients, carers and their families whose lives have been affected by diagnosis and treatment of Head and Neck Cancer.



How can I get this support?

Your nurse or doctor may have suggested this to you, your family or your carer. Alternatively you may have asked to be referred to receive supportive therapy.

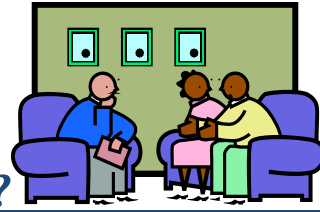


When do sessions take place?

Sessions will take place on Ward 28 (Head & Neck Surgery) at University Hospital Aintree

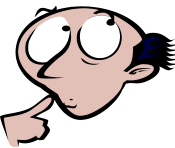
- Thursdays from 09:30 am- 5:00 pm
- Fridays from 09:30 am-5:00 pm

You can arrange transport via your GP if help is needed in order for you to attend appointments, car park fees can also be claimed back from the Ward Clerk.



What is therapy?

Therapy offers you a safe, confidential space to talk about your experiences and anything that may be confusing, painful or uncomfortable. It allows you to talk with a trained Therapist who will listen attentively and help guide you to cope with any after-effects of your diagnosis or treatment, so you are better able to get on with your life. Appointments are available until you feel you can cope with cancer and its treatment. If you are receiving treatment, appointments will be arranged around this so that you are supported throughout.



How will therapy make me feel?

Therapy is a very personal process, sometimes it is necessary to talk about painful feelings or difficult decisions, although this may feel worse to begin with, therapy should enable you to feel better long-term. The professional who has referred you to the service knows that people benefit from talking about the emotional effects of diagnosis and treatment for yourself, your family and carers. If you do experience a period of feeling worse, talk to your therapist about it to ensure you get best out of your therapy.



Will I feel better straight away?

Usually it will take a number of sessions before therapy starts to make a difference. However on rare occasions, a single session may be enough.



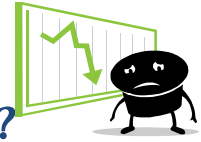
Does it work for everybody?

Therapy doesn't work for everybody and is not a universal cure. Because you may be talking about personal and often painful things, it can sometimes be difficult to keep going. Despite this, it is often worth the effort, as you can be helped to work through your situation.

Will my therapist talk to anybody about what I say in therapy?



Usually what you talk about in your therapy sessions is confidential; however there may be some circumstances that may prompt your therapist to talk to another professional. For example, if there appears to be a serious risk of harm to yourself or others. Your GP/Consultant will be informed about your participation in the therapy. Also, it is sometimes useful to share information, **only with your permission**, with the Clinical Nurse Specialists. Otherwise all information that is collected about you during the course of your therapy will be kept strictly confidential.



What if something goes wrong?

If you wish to complain about any aspect of the way you have been approached or treated during the course of your therapy, our complaints procedure will be available to you and we have full indemnity.

Should you have any queries about any aspect of your treatment please contact

Sally Lane or Lesley Dempsey

Clinical Nurse Specialists in Head & Neck
0151-529-5256

Or alternatively your Consultants secretary.



Further Support



www.macmillan.org.uk

www.cancerbacup.org.uk

www.cancerhelp.org.uk

www.livestrong.org

www.roycastle.org

www.nhsdirect.nhs.uk

www.letsfaceitforce9.co.uk

www.changingfaces.co.uk

www.nalc.ik.com

Happy Larry's (Laryngectomy Club)

Secretary: Ann Newlands T: 0151 547 4926

Quitline: Help & advice to stop smoking T:
0800 002200

Samaritans: Confidential listening service T:
08457 909090

Macmillan Benefits Advice Line T: 0800 138
6568