

Get in touch

01279 967207

Monday to Friday, 9am—5pm (excluding Bank Holidays)



Notes

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

We'll do whatever it takes. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

Need support? We can help



Macmillan Cancer and Palliative Care Psychology Service in East and North Hertfordshire, and West Essex

In partnership with


Essex Partnership University
NHS Foundation Trust

MACMILLAN
CANCER SUPPORT

Who we are

We are a team of Clinical Psychologists and Macmillan Family Therapists who provide psychological support for people with cancer, palliative or end-of-life care needs, who live in East and North Hertfordshire and West Essex. We also support their families and the staff who care for them.

How we can support you

Psychological treatments are a non-medical approach to reducing psychological distress and revolve around the use of 'talking therapies', such as cognitive behavioural therapy or family therapy. These help people explore their thoughts and feelings and the effect on their mood.

A Clinical Psychologist or Macmillan Family Therapist can tailor treatments to a person's concerns and goals to help with the following difficulties:

- coping with adjustment, change, uncertainty or loss
- uncertainties relating to treatment
- feelings of depression, anxiety or anger
- low self-esteem and poor body image
- coping with persistent pain, fatigue and other side effects
- difficulty sleeping
- worries about the future and fear of death
- difficulties in relationships with family, friends or healthcare professionals
- coming to terms with death or the terminal stage of illness.

How do I access support?

Contact your Clinical Nurse Specialist or medical team and they will discuss your referral.



What happens in the first appointment?

In an initial appointment lasting around 50 minutes, we'll talk about the difficulties you are experiencing in relation to your health and explore how you're feeling and coping. You'll be asked to complete a clinical questionnaire.

We can see you alone or with your partner or family, if that is helpful, and can also see your carers or close family members individually. Sessions can take place face-to-face, or via phone or video calls.

What happens next?

Once we have an idea of your concerns, we will agree a plan to best support you. It may be that a one-off session is all that's needed to resolve any issues, but if you require longer-term support, we'll agree with you how many further sessions we can offer.