

## Accessing Support: Blood Cancers

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Blood cancers can bring about various emotional challenges and it is important to look after your mental health as you navigate life with your diagnosis. Below are some resources aimed at enhancing your understanding of blood cancers and how other patients have dealt with the associated practical and emotional challenges. You might quite understandably wish to receive some support. For some people family and friends are enough, but you might also wish to contact one of the many organisations/services that can provide professional support to those with blood cancer. It is important to recognise that life with cancer can be challenging at times, and to allow yourself to seek help if you feel you need it.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

### Anthony Nolan – Telephone Emotional Support

This blood cancer charity offers emotional wellbeing support via telephone for recipients of stem cell transplants. The telephone emotional support team are wellbeing specialists, including qualified psychologists, meaning that they will understand what a transplant is and any side effects that you might be experiencing.

Email address to organise telephone emotional support: [patientinfo@anthonymolan.org](mailto:patientinfo@anthonymolan.org)

Website link for more information: <https://www.anthonynolan.org/patients-and-families/get-support-us/telephone-emotional-support>



## Blood Cancer UK

A charity for those affected by any type of blood cancer. They provide information and support on the unique challenges of a blood cancer diagnosis. You can speak to a trained blood cancer support officer using the number or email address listed below. There is also an online forum where you can connect with other people and share your experiences.

Support telephone: **0808 208 0888**

Support email address: [support@bloodcancer.org.uk](mailto:support@bloodcancer.org.uk)

Website link: <https://bloodcancer.org.uk/support-for-you/>

Online forum: <https://forum.bloodcancer.org.uk/>

## CLL Support

A patient-led UK charity supporting people diagnosed with Chronic Lymphocytic Leukaemia (CLL) and Small Lymphocytic Lymphoma (SLL), including support groups and information.

Website link: <https://cllsupport.org.uk/>

## Leukaemia Care

This is a charity for those affected by leukaemia and related blood cancer types (myelodysplastic syndromes and myeloproliferative neoplasms). Leukaemia Care provide information sheets, one-to-one buddy support, a fund for counselling and psychotherapy, nationwide support groups and a free phone line and WhatsApp service.

Telephone: **0808 801 0444**

Website link: <https://www.leukaemiacare.org.uk/support-and-information/>

## Macmillan UK – Online Leukaemia Forum

You may wish to share with others how you are handling life with a diagnosis and hear from others who have had similar experiences to you. One way to do this is on Macmillan's online leukaemia forum. The forum welcomes patients, family members and other loved ones. Topics of discussion include treatment options, side effects, emotional impacts and more.

Website link: [https://community.macmillan.org.uk/cancer\\_types/leukaemia-forum](https://community.macmillan.org.uk/cancer_types/leukaemia-forum)

## Look Good Feel Better

This charity aims to support the physical and emotional wellbeing of individuals affected by cancer through free online and in-person workshops, and video resources. The underlying principle of this organisation is that, through self-care and taking care of one's appearance, it is possible to improve your self-confidence following physical changes due to cancer. They have materials tailored to men, women and teenagers, and work to assist people of all skin colours, ages, and cancer variations. Workshops include skincare, nailcare, grooming, oral care, shaving, hair loss and wigs, make-up, and advice on nutrition and fitness. They work with people up to one year post active cancer treatment.



Website link: <https://lookgoodfeelbetter.co.uk/>

## Lymphoma Action – Emotional Wellbeing Resources

This website is a collection of organisations which may be able to provide support for the emotional challenges that lymphoma can present.

Website link: <https://lymphoma-action.org.uk/about-lymphoma/useful-organisations#emotional-wellbeing>

## Lymphoma Action

This charity provides high quality information and support for people affected by lymphoma. It provides helpline services and a range of peer support including online support meetings, educational events and webinars. It includes TrialsLink, a data base of lymphoma clinical trials.

Helpline: **0808 808 5555** (freephone Mon to Fri, 10am to 3pm)

Website link: <https://lymphoma-action.org.uk/support-you>

Podcast: <https://lymphoma-action.org.uk/support-you/lymphoma-voices-podcasts>



## Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

## Additional support services

### Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

### Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

### NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

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If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk).





If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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