

## Accessing Support: Brain Tumours

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A brain tumour 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 brain tumours and how other patients have dealt with the associated practical and emotional challenges. You might quite understandably wish to receive some support at times. For some people family and friends can be supportive, but you might also wish to contact one of the many organisations/services that can provide information or support to those with brain tumours. It is important to recognise that life with a brain tumour 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.

### Brainstrust

This charity provides support and resources to help people with a brain tumour and their loved ones live the life they want after diagnosis. The information on the Brainstrust website is varied, and includes information on treatment and care, practical concerns for life with a brain tumour, and information specific to different types of brain tumour. Brainstrust also offer coaching support from a specialist support team, and host in-person and online meetups.

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

Telephone: **01983 292 405**



## Brain Tumour Support

A monthly schedule of support sessions for a variety of different groups. These are held online via Zoom. They also provide one-to-one counselling for anyone who has been affected by the diagnosis of a brain tumour.

Website link: <https://www.braintumoursupport.co.uk/support>

Telephone: **01454 422701**

## The Brain Tumour Charity

This charity offers support through a variety of means for those with brain cancer and their loved ones. This includes a support line, online brain tumour support groups, advice on money and benefits, a podcast and a free counselling service.

Website link: <https://www.thebraintumourcharity.org/living-with-a-brain-tumour/get-support/>

Telephone support life: **0808 800 0004**

## British Acoustic Neuroma Association

A charity which supports those with Acoustic Neuroma. They run virtual and in-person support groups throughout the UK for members, family, friends, and carers. They provide help sheets, information leaflets, and helpful videos from patients and medical professionals. Membership costs £24.75 per year and is free for students in full time education.

Website link: <https://www.bana-uk.com/>

## Changing Faces

A charity offering counselling, groups and workshops, online self-help resources, peer support, and advice and guidance for people with visible differences e.g. a scar, mark or condition affecting the face or body.

Website link: <https://www.changingfaces.org.uk/>

Support and Information Line Number: **0300 012 0275** (Open Mon-Fri 10am-4pm)

## Headway – The Brain Injury Association

Headway is a brain injury charity – their website contains educational factsheets and booklets, and they have a free helpline open 9am - 5pm, Monday to Friday: **0808 800 2244**. There is also an [in your area](#) section where you can enter your location to find local brain injury support services.

Website link: <https://www.headway.org.uk/>



## 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/>

## 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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