

Accessing Support: Lung Cancer

Lung cancer 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 lung cancer 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 lung cancer. It is important to recognise that life with lung 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.

Asthma and Lung UK – Living with a Lung Condition

This asthma and lung condition charity has put together help and guidance on a variety of aspects of life with a lung condition. Pages which may be particularly relevant for you are: looking after your lungs in hot and cold weather, mental health and well-being, and keeping active with a lung condition.

Website link: <https://www.asthmaandlung.org.uk/living-with>

Helpline: **0300 222 5800**

Cancer Research UK – Treatment for Lung Cancer

This website lays out a variety of treatments for lung cancer, some of which you may undergo at some point. Upon clicking on a specific treatment, you will be provided on what the treatment is for, what it entails, and possible risks and side effects.

Website link: <https://www.cancerresearchuk.org/about-cancer/lung-cancer/treatment>



Everybreath

A support group based in Farnborough and London Bridge for those affected by lung cancer. The group offers a non-clinical space in which people can be part of an empathetic community and share coping strategies with others who understand what it is like to be affected by lung cancer.

Website link: [Everybreath | Lung cancer support | Kent](#)

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. They also run the [HeadWrappers Service](#), offering a range of workshops and classes that provide practical advice on caring for your scalp and hair before, during and after cancer treatment. They also demonstrate useful scarf tying techniques, provide complimentary gift bags with headwear, and also help people connect with each other in a welcoming and safe space.

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

Macmillan – Lung Cancer Forum

An online cancer forum, where individuals in similar situations can engage in casual and open conversations to share their experiences and find support from others who can relate. 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/lung-cancer-forum

Macmillan – Lung Cancer Information Booklet

This online booklet is a brief guide to what lung cancer is, how it can be treated and what individual treatments are aiming to achieve, and key terms surrounding lung cancer that could be useful to know.

Website link:

<https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/3979-10061/lung-cancer-english>



Roy Castle Lung Cancer Foundation – Let’s Talk About Lung Cancer Podcast

A lung cancer podcast run by a UK charity. Previous episodes have included interviews with specialist doctors and nurses, and patient stories which might be relatable and/or useful.

Website link: [Podcast - Roy Castle Lung Cancer Foundation](#)

Roy Castle Lung Cancer Foundation – Lung Cancer Support Groups

A support group can provide information and tips on living with lung cancer. It can be beneficial to share with and hear from other people who are in a similar situation to you. The Roy Castle website has information on upcoming information days, and support groups (both in person and online).

In person Information Days and Support sessions: [Lung Cancer Face-to-Face Support | Roy Castle](#)

Online Support sessions: [Online Lung Cancer Support | Roy Castle](#)

Roy Castle helpline (Mon-Thu 9am-5pm/ Fri 9am-4pm): **0800 358 7200**

They also run an Online Community Forum, that puts you in touch with other individuals affected by lung cancer. Members of the forum can exchange stories, ask questions, and express their feelings in a supportive, safe and anonymous space.

Online Community Forum: <https://healthunlocked.com/lungcancer>

Roy Castle Lung Cancer Foundation – Information Booklets and Patient Stories

The Roy Castle website has information booklets on various topics surrounding Lung Cancer, from diagnosis to different treatments, and living with lung cancer, to name a few.

Lung cancer booklets: [Free Lung Cancer Information Booklets | Roy Castle](#)

This website is also regularly updated with patient stories which you may wish to read for inspiration or practical tips on navigating life with a lung cancer diagnosis.

Website link: <https://roycastle.org/category/patient-stories/>

NHS – Living with Lung Cancer

The NHS website describes various issues that can arise whilst living with lung cancer and provides some resources that can support you with these. Topics included are breathlessness, pain, emotional effects, and financial problems.

Website link: <https://www.nhs.uk/conditions/lung-cancer/living-with/>



NHS Quit Smoking App

If you are a smoker one of the best things you can do to support your treatment for lung cancer is to quit. The NHS Quit Smoking app allows you to track your progress and get daily support with quitting smoking.

App Store: <https://apps.apple.com/gb/app/nhs-quit-smoking/id687298065>

Google Play Store:

https://play.google.com/store/apps/details?id=com.doh.smokefree&hl=en_GB&gl=US

Website link: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

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 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: [Find NHS talking therapies for anxiety and depression - NHS](#)



If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden 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.



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 or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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