

If you are treated in the Teenagers and Young Adult department, you can link your Careology account with your healthcare team to access bespoke content co-designed with The Royal Marsden.

Website link: <https://www.careology.health/for-you>

"Coping with Scanxiety and Fear of Relapse" from Trekstock's Talks Anxiety Playlist

Led by a clinical psychologist and someone with cancer, this video explores anxiety related to attending scans and awaiting scan results in addition to providing advice on how to change our thinking surrounding the scans.

Website link:

https://www.youtube.com/watch?v=GXgid1V5_Pc&list=PLIMZ3Ynf93cMP8ouKAMTmP-EyEGrvv61R&index=4

Macmillan "Understanding Radiotherapy" Information Booklet

This booklet explains the different types of radiotherapy, what to expect before, during and after treatment, how/why the treatment is planned and delivered, key professional roles in one's radiotherapy team, and how to cope with any potential resulting side-effects.

Website link: <https://be.macmillan.org.uk/be/p-24823-understanding-radiotherapy.aspx>

Macmillan "Understanding Chemotherapy" Information Booklet

This booklet details what chemotherapy is, when it is used and how it is delivered, how chemotherapy drugs work to impact cancer, and information on potential side effects.

Website link:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC11619_E16_R_Chemotherapy_MS_20220613_lowres.pdf

National Cancer Institute Information Booklet for Radiotherapy

This booklet explains the two main types of radiotherapy, questions to ask one's medical team, and nutritional and practical advice for managing side-effects.

Website link: <https://www.cancer.gov/publications/patient-education/radiation-and-you-2021-508.pdf>

Psych Central Blog Post on 8 Tips for Remembering to Take Medication

Explores why it can be easy to forget or confuse whether or not medication has been taken and provides 8 practical ways a patient can increase the chance they will remember to take their medication.



Website link: <https://psychcentral.com/blog/8-simple-ideas-for-remembering-to-take-your-medication/>

Sciensus

A self-management tool that helps people understand their symptoms, manage their health and stay on top of their care plan. Sciensus Cancer Companion helps patients to log and track symptoms, set medication and appointment reminders, and access advice and guidance. The personal information used in the app can also be shared with family, friends, or a medical team.

Website link: https://www.sciensus.com/patients/cancer-companion-app-for-patients/?utm_source=VHsite&utm_medium=VH&utm_campaign=Direct

Trismus – Facial Palsy UK

An information page discussing Trismus, causes and symptoms, treatment options, and exercises that can be practiced with a speech and language therapist.

Website link: [Trismus - Facial Palsy UK](#)

The Swallows Head and Neck Cancer Support Group

This Head and Neck Cancer charity are a group of like-minded cancer patients, who offer support to patients and carers who face difficulties with swallowing, as a result of their cancer and treatment. They run monthly patient and caregivers' meetings in various locations across the UK and hold virtual meetings for those who are unable to attend in person.

Website link: [The Swallows Head & Neck Cancer Support Group](#)

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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