

Accessing Support: Pancreatic Cancer

Pancreatic 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 pancreatic 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 pancreatic cancer. It is important to recognise that life with pancreatic 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.

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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.

Look Good Feel Better

Aims to help boost the physical and emotional wellbeing of individuals living with cancer through free online 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 – Pancreatic 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. 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/pancreatic-cancer-forum

Macmillan – Understanding cancer of the pancreas (eBook)

A downloadable eBook provided by Macmillan that might help you gain a deeper understanding of your diagnosis. The booklet explains pancreatic cancer, its causes and symptoms, diagnosis, staging and grading, treatments, and clinical trials.

Website link: <https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/understanding-cancer-of-the-pancreas>

Pancreatic Cancer Action – Online Resources

This website has a range of informational booklets available to view online. Of particular interest might be a cookbook specifically designed for those experiencing pancreatic cancer-induced weight loss, a quick guide to understanding pancreatic cancer, and a guide to controlling the symptoms of pancreatic cancer.

Website link: <https://pancreaticcanceraction.org/help-and-support/online-resources/>

Please note that free physical copies of the information booklets can be ordered at the bottom of the site, or at: [Health Information Booklets – Pancreatic Cancer Action Shop](#)

Pancreatic Cancer UK

PCUK run a free support line available Mondays, Tuesdays, Thursdays and Fridays between 9am and 4pm, and Wednesdays between 10am and 4pm. It is run by nurses who can discuss managing symptoms, questions about your diagnosis, treatment options or just talk about how you are feeling.

Telephone: **0808 801 0707**

Or alternatively you can contact them through the following link:

<https://www.pancreaticcancer.org.uk/support-for-you/contact-a-nurse/>

They also offer support over WhatsApp, where patients and health professionals can contact the nursing team. WhatsApp number: **0741 830 4789**

The nursing team also host patient webinars. They cover various topics for people with pancreatic cancer and their loved ones.

Link to find upcoming webinars and to access past recordings: [Webinars](#)



Their new peer support groups 'Circles' (accessed via WhatsApp/Facebook groups) is a space where people with pancreatic cancer and their loved ones can connect with others in a similar situation. [The link to sign up to Circles is here](#)

Pancreatic Cancer UK has a regularly updated collection of real-life stories from people affected by pancreatic cancer. It may be helpful or comforting to read some of these and see the way in which other people navigate life after diagnosis.

Website link: <https://www.pancreaticcancer.org.uk/real-life-stories/>

Purple Rainbow – Pancreatic Cancer Podcast

A pancreatic cancer podcast which includes some informative/educational episodes, and some episodes focused on patient stories and emotional support.

Website link: <https://purplerainbow.co.uk/purple-rainbow-pancreatic-cancer-podcasts-2022/>

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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