

Accessing Support: Prostate Cancer

Prostate 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 prostate 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 prostate cancer. It is important to recognise that life with prostate 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.

Hormone Therapy for Prostate Cancer – The Royal Marsden

To support you, we have put together a series of information videos that explain hormone therapy (also known as androgen deprivation therapy or ADT), its side effects, and what to expect while living with prostate cancer.

Website link: [Hormone therapy for prostate cancer | Royal Marsden Patient Information Library](#)

Prostate Cancer UK

A charity offering support on a variety of issues faced by prostate cancer patients. This support can be emotional or simply practical, and can be one-to-one with a volunteer, as part of a support group, or even via telephone with a specialist nurse.

Website link: <https://prostatecanceruk.org/prostate-information-and-support/get-support>

Specialist nurse telephone line: **0800 074 8383** (Mon-Fri 9am-5pm)



Prostate Cancer UK offer a Sexual Support Service where you or a partner can talk to a nurse with an interest in helping with sexual problems after treatment for prostate cancer.

Website link: <https://prostatecanceruk.org/prostate-information-and-support/get-support/sexual-support>

Prostate Cancer UK also have an “Emotional Support Pack” booklet which provides information to support those affected by prostate cancer in managing difficult emotions such as low mood, anxiety, anger, and working with a chronic condition.

Website link: <https://prostatecanceruk.org/media/ueofndkk/prostate-cancer-uk-emotional-support-pack-1-compressed.pdf>

Prostate Cancer UK also provides an online *Wellbeing Hub*, which provides information to support those affected by prostate cancer to manage emotions such as low mood, anxiety and anger.

Website link: <https://prostatecanceruk.org/prostate-information-and-support/get-support/wellbeing-hub>

Tackle Prostate

This charity offers a helpline where you can talk to a man with prostate cancer: **0800 035 5302** (open until 9pm, 7 days a week). Your call can also be transferred to a partner of one of the members if you wish to discuss how the diagnosis and treatment of prostate cancer has affected them.

Website link: <https://tackleprostate.org/about-prostate-cancer/find-a-support-group/>

Look Good Feel Better

Video tutorials covering several self-care topics specific for men going through cancer treatment. Look Good Feel Better also hold in-person classes and workshops which can be a great way to connect with others. 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/>

Video tutorials link: <https://lookgoodfeelbetter.co.uk/men-tutorials/>

Prostate Cancer Research – Prostate Cancer Help

A patient information booklet, which details what prostate cancer is, treatments which may be involved, and potential emotional and physical effects. Also on the website are links to phone and email support lines where you can reach out for prostate cancer advice and emotional support.

Website link: <https://www.prostate-cancer-research.org.uk/prostate-cancer-help/>



TrueNTH – Men Like Me

A website which aims to help you get a deeper understanding of how other patients are navigating prostate-related issues such as urinary problems, sex, stress, and more. The website has videos about patients' experiences, and information on sex and intimacy with prostate cancer.

Website link: <https://truenorth.movember.com/en-gb/men-like-me>

Macmillan Cancer Support

An informational resource explaining more about prostate cancer treatment and its potential side effects. There is also an online prostate cancer forum where you can connect with others who might be going through, or have previously gone through, similar experiences to you.

Prostate cancer forum: https://community.macmillan.org.uk/cancer_types/prostate-cancer-forum

Prostate Cancer Research – The Prostate Pod

A Spotify podcast on prostate cancer. Whilst many of the episodes are centred on research, there are episodes with patients discussing their experiences with diagnosis and treatment.

Website link:

<https://open.spotify.com/show/1ZSRsZSRqsuxHc3yiK1Yn8?si=i5PfuDwkQ3uXGGjvsmqyxw&nd=1>

Orchid – A Letter to my Unpresented Self

A short drama prepared by a leading men's cancer charity that follows bus driver Terrence's journey as he struggles to come to terms with his prostate cancer diagnosis. The film addresses important questions around the emotions and hardships that men face during diagnosis and treatment. It also highlights the importance of breaking barriers for the Black African and Black Caribbean men in the UK, who face disparities in awareness, late presentation of symptoms, and experience isolation and shame as a result. Through this film, Orchid aims to spread awareness about the risks of prostate cancer in men, especially in the Black African and Black Caribbean communities, for early detection, treatment and support.

Website link: <https://www.youtube.com/watch?v=88AyQszFr5E>

Support for the transgender, intersex, and non-binary communities:

Prostate Cancer UK provides information for the transgender, intersex, and non-binary communities in the form of frequently asked questions and answers:

<https://prostatecanceruk.org/prostate-information-and-support/risk-and-symptoms/trans-women-and-prostate-cancer>

They also host an **online forum** for trans women with prostate cancer:

<https://community.prostatecanceruk.org/topics/49-Transgender-women-with-prostate->



[cancer? gl=1*19102io* ga*MTE5MzU1NTgyLjE2NjQyMDQyODE.* ga_NWKX2S91S5*MTY2NDIwNjQ1OC4yLjEuMTY2NDIwNzkoNi4zNS4wLjA](https://www.orchid-cancer.org.uk/prostate-cancer/trans-women/)

Orchid also provide information about being transgender, intersex, or non-binary and navigating prostate cancer.

Website link: <https://orchid-cancer.org.uk/prostate-cancer/trans-women/>

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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