

## Accessing Support: Thyroid Cancer

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Thyroid 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 thyroid 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 thyroid cancer. It is important to recognise that life with thyroid 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.

### British Thyroid Foundation

The bottom of this page has some links to useful resources including a general guide to thyroid cancer, specific [psychological wellbeing resources](#) for people with thyroid conditions, and patient stories.

Website Link: <https://www.btf-thyroid.org/thyroid-cancer>

There is also a section for telephone support: <https://www.btf-thyroid.org/telephone-support> if you feel that talking to someone with a thyroid condition might benefit you.



## Butterfly Thyroid Cancer Trust

A charity dedicated to supporting patients with thyroid cancer. They have a dedicated helpline where you can speak to someone who has experienced thyroid cancer. They also run a buddy service, where you are given contact details of someone who can help you through the stages of surgery, radioiodine treatment and follow up.

Contact the helpline at: **07399 564463**

Alternatively you can send an email to: [amy@butterfly.org.uk](mailto:amy@butterfly.org.uk) , or explore the website at: <https://www.butterfly.org.uk/>

## Cancer Research UK - Support for you and your family

This website is a useful guide to the different thyroid cancer services that you may wish to look into in order to receive practical or emotional support at home.

Website Link: <https://www.cancerresearchuk.org/about-cancer/thyroid-cancer/living-with/support-home>

## 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.

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

## Macmillan UK – Thyroid Cancer Forum

An online forum where individuals affected by thyroid cancer can engage in casual and open conversations to share their experiences and find support from each other. The forum welcomes patients, family members and other loved ones. Topics of discussion include diagnosis and treatment, side effects, emotional impacts and more.

Website Link: [https://community.macmillan.org.uk/cancer\\_types/thyroid-cancer-forum?\\_ga=2.187682976.987055694.1686564187-1697258442.1686231702](https://community.macmillan.org.uk/cancer_types/thyroid-cancer-forum?_ga=2.187682976.987055694.1686564187-1697258442.1686231702)

## NHS – Help and Support for Thyroid Cancer

This website can be used to find information and support. Areas of particular interest might be numbers for helplines that can offer support and advice, and Cancer Research UK's 'ask a nurse' and 'find a clinical trial' services.

Website Link: <https://www.nhs.uk/conditions/thyroid-cancer/help-and-support/>



## Spotify – Support Through Thyroid Cancer Podcast

This podcast, hosted by a thyroid cancer survivor, has a different guest on each week to share their stories and experiences of navigating life with a thyroid cancer diagnosis.

Website Link: <https://open.spotify.com/show/65ekxcoBvVlFu8OvSjqsq7>

## 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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