

## Accessing Support: Psychological and emotional support for young adults

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Cancer and its treatment can affect all areas of your life and can be an isolating or scary experience. It can lead us to feel many different thoughts and emotions including anxiety, fear, anger, and low mood. Navigating life with cancer can sometimes be overwhelming, and you may notice your mood changes more than you are used to. This is part of what many people go through when dealing with an illness, and there is no right or wrong way to feel. However, it can be helpful to recognise when accessing additional support might be helpful, which might assist you in coping with difficult emotions and thoughts, and to help you understand that you are not alone when facing these challenges.



Support can come in a variety of forms, but if you feel that you are in a crisis and need help urgently please reach out to local mental health services (<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline/location>) and/ or emergency services (999, A&E).

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.

### Alike App

An app available on the Play Store and App Store which connects users 18+ who have a diagnosis of cancer. It is a social media platform similar in appearance to Facebook where people in a similar situation can share posts and message each other.

Website link: <https://alike.org.uk/>

### Ella Dawson Foundation

A foundation offering support to young adults with cancer aged 18-30 and their families. They offer free counselling sessions, exercise programmes and nutrition consultations.

Website link: <https://elladawsonfoundation.org.uk/support-for-you>



## Flynn's Barn

Residential stays a converted barn in the Lake District for young people who have a cancer diagnosis or are in recovery. They also have a counselling and family support service which is open to individuals who are under 25 at the time of diagnosis.

Website link: <https://www.flynnesbarn.org/what-we-do/>

For enquiries about counselling please call **01768 800 686** or email [referral@flynnesbarn.org](mailto:referral@flynnesbarn.org) with the referral form available on the counselling section of their website.

## Macmillan Youth Line

Support for young people (aged 12 to 21) who are affected by cancer – either that of a family member or if they are ill themselves.

You can reach out to their helpline and ask for the Youthline: **0808 808 0000** (Mon-Fri, 9am-10pm), or email at: [youthline@macmillan.org.uk](mailto:youthline@macmillan.org.uk)

Website link: <http://www.macmillan.org.uk/information-and-support/audience/teens-young-adults.html>

## Mind Over Cancer

A charity which promotes the wellbeing of young people aged 0-29 and their support network. Mind Over Cancer offers up to 10 sessions of counselling, as well as a drop-in mental health and wellbeing support programme.

Website link: <https://mindovercancer.org.uk/>

## Shine Cancer Support

A charity that focuses specifically on support for any adult in their 20s, 30s or 40s who have received a cancer diagnosis; you do not currently need to have a cancer diagnosis to access the support they offer, and they have set up online and in person support groups across the UK known as 'Shine Networks'.

Website link: [get support - Cancer support charity for young people - Shine](#)

Shine also offer support for friends and family members of those who may have received a cancer diagnosis, as well as a 6-week, online psychosocial/ 'coaching' programme held in weekly sessions. The following video contains more information about the programme <https://youtu.be/dmibmIbSfak>.



## Teenage Cancer Trust

An organisation you may already be familiar with if you have received care from The Royal Marsden for a cancer diagnosis and you are under 24 years old. As well as offering support on cancer units, the Trust may also be able to offer support closer to home, as well as offering online apps and tools, and events to support young people.

Website link: <https://www.teenagecancertrust.org/help-and-support>

## Teens Unite

An organisation offering support for teenagers and young adults aged 13-24 diagnosed with cancer. They provide information and support as well as group challenges and events, such as marathons, cooking and art workshops. They also have volunteering opportunities available.

Website link: <https://www.teensunite.org/>

## Trekstock

Specifically for those who have received a cancer diagnosis in their 20s or 30s, focusing on reducing social isolation and improving quality of life. Trekstock have a calendar of in person events where you can meet up with others in a similar situation and exercise together: [Get Connected | Trekstock](#)

## Young Lives vs. Cancer

Young Lives vs Cancer supports young people (aged 0-25) with cancer and their families. Visit their website for more information and advice on treatment, staying in hospital, education and work, wellbeing, fertility and more.

Website link: <https://www.younglivesvscancer.org.uk/cancer-info-support/i-have-cancer/>

You can also contact Young Lives vs Cancer's Social Care team for support: <https://www.younglivesvscancer.org.uk/what-we-do/day-to-day-support/live-chat/>

## Willow

This charity creates memories for seriously ill people aged between 16-40 and their loved ones. It can be a special event or break, or a treat at home, and is adaptable according to your circumstances and what you feel able to do. If you look at their website and feel like this is something you would be interested in, then ask a member of your medical team to refer you.

Website link: <https://www.willowfoundation.org.uk/>



## Non-cancer-specific organisations for young people

### The Mix

Free and confidential support can be accessed via The Mix website, over the phone or on social media, for any issue that you might be having.

Website link: <https://www.themix.org.uk/>

### Kooth

Anonymous and personalised mental health support for Children and Young People aged 11 to 25 years old.

Website link: <https://www.kooth.com/>

### YoungMinds

The UK's leading charity fighting for children and young people's mental health, which offers a number of useful sections on managing mental health, emotions, and how you can go about accessing support.

Website link: <https://www.youngminds.org.uk/>

### Youth Employment UK

Organisation offering support with employment for young people with physical disabilities. They offer free skills training and online training, advice and individualised support.

Website link: <https://www.youthemployment.org.uk/>

## 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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