

## Domestic Abuse

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Some people facing cancer, either as a patient or carer, will unfortunately also be experiencing domestic abuse. Domestic abuse and cancer are both extremely common.

Below is a description of what domestic abuse can look like. There is also a list of organisations who may be able to offer you some support.

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.



### What is domestic abuse?

Domestic abuse is a term used to describe any kind of abuse that happens between partners or family members aged 16 and above. It can be physical or non-physical. It could include threatening, controlling or coercive behaviour. It can also be economic, psychological, emotional or other types of abuse such as technological abuse.

Children who see, hear or experience the effects of abuse are also victims.

Domestic abuse can happen to anyone regardless of age, gender, sexual orientation, ethnicity, or faith; it is never the fault of the person who is experiencing it. No one should have to live with domestic abuse and help is available.

A partner, family member or carer might behave in the following ways towards someone with cancer:

- Criticise or shame you for having cancer or for the way you look during or after treatment
- Stop you attending appointments
- Embarrass you in front of professionals
- Deprive you of sleep prior to surgery or treatment
- Not let you rest and recover
- Control the money, grants and benefits you might receive or try to get you to change legal documents
- Demand you still look after them and the home despite the effects of treatment
- Make you feel guilty for seeking support
- Gaslight you



A person with cancer might behave in the following ways towards a partner, family member or carer:

- Being blamed for their cancer
- Embarrassing you in front of professionals
- Demands that you do more for them
- Belittling of your caregiving
- Make you feel guilty so that you continue in the relationship

## Emergency help

If you need emergency help and are in immediate danger, telephone **999**. Silent calls will work if it isn't safe to speak – use the [Silent Solution](#) system by calling **999** and press **55** when prompted.

## Cover your tracks online

If you are worried about someone knowing you have visited this page /website, please read the following safety information

Website link: <https://womensaid.org.uk/information-support/what-is-domestic-abuse/cover-your-tracks-online/>

## Macmillan Support Line

Call for free on. The support line and chat services are confidential, and staff are trained to recognise domestic abuse.

Website link: <https://www.macmillan.org.uk/cancer-information-and-support/get-help/domestic-abuse>

Telephone: **0808 808 0000** (Open every day 8am – 8pm)

## National Domestic Abuse Helpline

Telephone: **0808 2000 247**

## UK Government

Information on domestic abuse and how to get help, translated into different languages.

[Domestic abuse: how to get help - GOV.UK](#)



## 24/7 Rape and Sexual Abuse Support Line

Telephone: **0808 500 2222**

### 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: [Find NHS talking therapies for anxiety and depression - NHS](#)

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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 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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