



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Cancer Psychology Service

Information for patients, relatives and carers

① For more information, please contact:

Admin Team

Tel: 01904 725353

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Monday to Friday 8.30am to 4.30pm

The Old Chapel

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# **What is the Cancer Psychology Service?**

We are an integral part of the cancer (oncology) service working closely with other professionals contributing to your care.

The cancer psychology service aims to offer specialist psychological and emotional support to patients and their families.

## **Who are we?**

The team comprises of a Consultant Clinical Psychologist, Principal and Senior Clinical Psychologists, a Specialist Macmillan Counsellor and a Trainee Clinical Psychologist. We are supported by an administrative team.

## **Why might I need this service?**

Many individuals experience difficulties when faced with a cancer diagnosis. Symptoms of the illness and treatments can bring about changes in lifestyle and the way people feel about themselves. This can bring about changes in mood such as anxiety or depression. It can also produce challenges to relationships with family and friends.

## **What we can offer**

- An opportunity for you to talk through the concerns you may have.
- Help to understand your current feelings.
- Help to identify the way you are coping at the moment, to look at your strengths and provide information and advice about how to develop further coping strategies.
- Evidence based psychological therapies to treat symptoms and maximise your quality of life.

## **Confidentiality**

What you share within your appointment is confidential between you and your therapist. However, in rare situations we may need to discuss information with others. If this becomes necessary, we would discuss it with you first. We do routinely communicate with your GP and relevant health professionals by letter and you will be offered a copy of this.

If you have any concerns about confidentiality, you will get the chance to discuss them at your first appointment.

## **How can I access this service?**

The cancer psychology service is available to any individual who has a diagnosis of cancer, and is seeing a consultant in the Cancer Service at York Hospital.

It is also available to family members or carers of people who are coping with palliative cancer. We may also be able to signpost relatives to other agencies that may be able to help.

A relevant health care professional can make a referral. This may be a named specialist nurse, doctor or other health professional.

If you feel you need this support, please discuss this with your nurse, doctor, or health professional.

## **What happens next?**

Once we have received a referral, we will send you a letter confirming this. We will make contact with you soon after to arrange a convenient appointment.

## Where will we see you?

In the first instance we will offer you an initial assessment with one of our specialists. We are offering these appointments via telephone, video link or in person at The Old Chapel.

If your appointment is at The Old Chapel, this is situated in the grounds of Bootham Park, a five minute walk from York Hospital. Please feel free to contact our admin team if you require additional directions.

York Hospital has a multi-storey car park with an hourly tariff. The nearest public car park is Union Terrace and is less than a five minute walk from The Old Chapel.

For more information on accessible parking at our hospital, please scan our leaflet to your mobile/devices:



York and Scarborough Teaching Hospitals NHS  
Foundation Trust - Patient information leaflets  
([yorkhospitals.nhs.uk](http://yorkhospitals.nhs.uk))

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
the Admin Team, [yhs-tr.psych.med@nhs.net](mailto:yhs-tr.psych.med@nhs.net)  
Tel: 01904 725353

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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