

Crisis situations

If you have immediate concerns about the safety of an individual, you will need to contact the local mental health assessment team for that person or their GP.

Other sources of support

There is a confidential helpline run by: Macmillan Cancer Support: **0808 808 0000**. As well as counselling, there are a wide range of complementary therapies available at the Lilac Centre at St Helens Hospital. To find out more call 01744 646173.

Clinical Psychology Department

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 646864



Referring people with cancer for psychological support

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Department: Clinical Psychology
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Pathway for psychological support

For people living with cancer who reside within St Helens, Knowsley and Halton there is a specific pathway for accessing psychological support that uses a stepped care model (see diagram below)



Cancer Nurse Specialists (CNS) receive training that allows them to screen for psychological distress. They are typically the first point of referral for people living with cancer who many need some emotional support.

The CNS has links with local services offering specialist interventions, such as counselling and complementary therapies at the Lilac Centre, St Helens Hospital and the Clinical Psychology Department at St Helens Hospital.

The CNS can make referrals to these services if they feel that the issues highlighted would benefit more from a specialist intervention offered by level 3 and 4 staff.

Who might benefit from a referral for psychological support?

When someone is diagnosed with cancer/receiving treatment/surviving with cancer, issues that may warrant a referral for psychological support may include:

- Symptoms of depression and/or anxiety
- Body image issues
- Personal and social relationship difficulties
- Adjusting to loss and change in physical functioning/sexual functioning/roles and aspirations
- Living with uncertainty
- Difficulty in coping with cancer treatment, or in making decisions about treatment

Who should referrals be made to?

Each person living with cancer should have a named key worker (often a CNS). If this information is available, this should normally be the person to whom the referral is addressed. The key worker can then liaise with the person who has been referred and offer support/refer to the next step if this is needed.

Please contact us by telephone if you wish to discuss a referral directly or for advice if you are uncertain.

Referral criteria for Cancer Psychology Service

- Adults (aged 18 and over) with a diagnosis of cancer
- Residing in either St Helens, Knowsley or Halton (or under the care of a consultant at St Helens/Whiston Hospital)
- Psychological difficulties should be related to the experience of cancer/ cancer treatment