

For further information or to discuss your interest in receiving counselling, please contact either your cancer nurse specialist or cancer support worker.

You can also contact the Cancer Counsellor

Telephone

01744 646173

or

St Helens Hospital
Macmillan Information and Support Centre.
macmillansupport@merseywestlancs.nhs.uk

Telephone
01744 647000



St Helens Hospital
Marshalls Cross Road
St Helens
Merseyside
WA9 3DA
Telephone: 01744 647000

www.MerseyWestLancs.nhs.uk

Counselling information

Helping everyone with cancer to live
as fully as they can

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is counselling?

Counselling is a collaborative interaction, focused on enabling you to:

- Make changes to improve your quality of life.
- Manage stressful situations.
- Develop coping strategies.
- Deal with the feeling of isolation.
- Reduce anxiety.
- Express overwhelming thoughts or feelings.
- Bereavement.

Counselling at the Lilac Centre

We offer an 'in house' one to one counselling service, for patients and family members whose lives have been affected by cancer.

Sessions

Following a referral and an assessment:

- Six initial 50 minute sessions will be offered and telephone sessions are also available.
- Full information on the service we offer, including confidentiality will be discussed in the counselling contract.

Hypnotherapy

Do you live with anxieties, needle phobia or nausea after treatment?

Hypnosis, gentle relaxation or some breathing techniques may help to relieve you of these symptoms.

Pre-treatment sessions are also available to help make your visit less stressful.

How do I get a referral?

- You can make a self referral by calling 01744 646173. (an answer machine is available for you to leave your name and contact details).
- You can ask staff in the Lilac Centre, your specialist nurse or at the St Helens Hospital Macmillan Cancer Information and Support Centre.

Relaxation sessions

You will learn over this 6 week course:

- Relaxation techniques.
- Coping strategies.
- How to improve your sleep.
- How to reduce anxiety.
- How to challenge over thinking.
- Practice relaxing breathing.