

Cancer Psychology Service

Supporting the emotional wellbeing of people affected by cancer

You do not have to manage the emotional impact of cancer alone

We provide specialist psychological support for people receiving, or who have previously received, cancer care at Sherwood Forest Hospitals NHS Foundation Trust.

Living with and beyond cancer

A cancer diagnosis can affect much more than your physical health. Many people experience anxiety, low mood, uncertainty or find it difficult to adjust during or after treatment. These reactions are common, and there is no 'right' or 'wrong' way to feel.

The Cancer Psychology Service provides specialist psychological support to help people improve their wellbeing, develop helpful ways of coping and better understand their experiences.

Could psychological support help me?

We commonly support people experiencing:

- Anxiety, worry or panic.
- Low mood.
- Feeling overwhelmed.
- Adjusting to life during or after treatment.
- Fear of cancer returning or progressing.
- Coping with uncertainty or changes in relationships.

Choose how you'd like to access support

Wherever possible, we will work with you to offer appointments in the way that best suits your needs and preferences.



In person

At Sherwood Forest
Hospitals.



Secure video

Using Microsoft Teams.



Telephone

Why many people choose video appointments

Video appointments can be attended from home, avoiding travelling and parking, and fitting more easily around treatment, work or family life. Research has shown that remote therapy can be just as effective as in-person therapy for many people. If you are unsure about using video calls, we can support you to get set up and connected.

How we can help

Support is tailored to your individual needs. We use a range of evidence-based psychological approaches and tailor these to suit you.

Individual therapy

One-to-one support based on your goals.

Group programmes

Practical skills over an 8-week programme.

How can I access the service?

Speak to your cancer care team

Please speak to a member of your cancer care team, such as your cancer nurse specialist (CNS), consultant or allied health professional. Referrals are also accepted from the Macmillan Cancer Information and Support Centre.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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