

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

میں پڑھنے کے لیے چاہتا ہوں، سہولتوں کی دستیابی میں فراہم کیے جانے والے معلومات پر  
پرڈبڈ یا آسان اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید  
معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں!

## Tell us what you think

Tweet us @NHSBartsHealth

Talk to us via [facebook.com/bartshealth](https://www.facebook.com/bartshealth)

Leave feedback on NHS Choices [www.nhs.uk](https://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

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All our patient information leaflets are reviewed every three years.

# Talking Therapies in East London

## Patient information for those affected by cancer

Talk therapy also known as psychological therapy, is a safe space to help people identify issues that cause emotional distress and to help them to understand and develop strategies and solutions to manage them.

For many cancer patients and their families, the experience of cancer is an intensely stressful one. Emotional support is important for most cancer patients and their families during their illness and can be gained from different people and services.

Whether you are concerned about yourself or a loved one, you can access talking therapies like counselling and cognitive behavioural therapy (CBT), for depression or anxiety on the NHS.

You can refer yourself directly to an NHS psychological therapies service without a referral from a GP but if you prefer you can visit your GP and request that they refer you and share relevant information about you.

If you are currently a cancer patient at Barts Health Trust you may be able to access the cancer psychology team who may be better able to support you with any emotional difficulties related to a cancer diagnosis. Please discuss this with your clinical nurse specialist or local Macmillan centre.

[bartshealth.Macmillan@nhs.net](mailto:bartshealth.Macmillan@nhs.net) or call 020 3465 6611).



## What can talking therapies help with?

You do not need to have a diagnosed mental health problem to refer yourself to an NHS talking therapies service.

You may be:

- having panic attacks;
- struggling with flashbacks and nightmares;
- feeling low and hopeless;
- struggling with depression and anxiety.

Perhaps you are finding it hard to cope with a cancer diagnosis, life, relationships and work.

Other things that talking therapies can help with include:

- constant worry or anxiety;
- obsessive thoughts or behaviours;
- fear of social situations;
- concern about your health;
- phobias.

## What happens when you refer yourself?

1. Contact your local talking therapies service.
2. Someone from the service will get in touch, usually within a few weeks. When the service calls, it may be a private number. They will ask you if you are free to talk at that moment.
3. They will ask for more details about the problems you are having (known as assessment).
4. If the service thinks that they can help you, they will recommend a therapy for you. This is based on symptoms and how severe they are.
5. Waiting times for the first session vary. The service will tell you what to expect.

## How to contact your local talking therapies service:

### Redbridge, Havering, Barking and Waltham Forest:

Tel: 030 0300 1554 (Monday to Friday 9am to 5pm)

[www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk)

### City and Hackney

Tel: 020 7683 4278 (Monday to Friday 10am to 12pm)

Email: [huh-tr.talkingtherapy@nhs.net](mailto:huh-tr.talkingtherapy@nhs.net)

[www.talkchanges.org.uk](http://www.talkchanges.org.uk)

### Newham

Tel: 020 8536 2450 (Monday to Friday, 9am to 5pm)

[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)

### Tower Hamlets

Tel: 020 8475 8080 (Monday to Friday, 9am to 5pm)

[www.towerhamletstalkingtherapies.nhs.uk](http://www.towerhamletstalkingtherapies.nhs.uk)

### Haringey, Barnet and Enfield

Tel: 020 8702 5309 Barnet

Tel: 020 8702 4900 Enfield

Tel: 020 3074 2280 Haringey

[www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)

### West Essex

Epping Forest and Harlow

Tel: 033 3015 2966.

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/west-essex/>

If a family member or loved one is struggling with the emotional impact of your cancer diagnosis or treatment, they can access support from the Macmillan Centres; alternatively, if they would like to speak with a psychologist via Maggie's Barts (email: [barts@maggies.org](mailto:barts@maggies.org) or phone: 020 3904 3448)