

General Signposting

Cancer Care Map:

https://www.cancercaremap.org/?gad_source=1&gad_campaignid=18925064813&gclid=EAlaIQobChMI4K_EmpfVlgMVmamDBx0IggfREAAYASAAEglBGfD_BwE

Cancer Care Map is a simple, online resource that helps you find cancer support services in your local area wherever you are in the UK.

Signposting by Borough

Harrow

Macmillan psychological service- London North West University Healthcare NHS Trust

Patients under Central Middlesex, Ealing and Northwick Park Hospitals can access support from Macmillan psychological service- London North West University Healthcare NHS Trust. They accept referrals from a wide range of healthcare professionals by email to the cancer psychology team but are unable to accept self-referrals.

Website: <https://www.lnwh.nhs.uk/macmillan-psychological-service/#referring-to-macmillan-psychological-service>

Email: lnwh-tr.cancer-psychology@nhs.net

Mount Vernon Cancer Centre- the Lynda Jackson Macmillan Centre (LJMC)

NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre can access their counselling service for free. You can access the counselling service by phoning the LJMC Helpline and referring yourself, dropping in to the LJMC and speaking to a member of staff, or asking a member of your healthcare team to refer you.

Website: <https://www.enherts-tr.nhs.uk/services/lynda-jackson-centre/>

Telephone: 020 3826 2555

Address: Rickmansworth Road, Northwood HA6 2RN

Harrow Talking Therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://talkingtherapies.cnwl.nhs.uk/harrow>

Telephone: [020 8515 5015](tel:02085155015)

Email: harrow.iapt@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Hillingdon

Hillingdon Macmillan Psychological Support Service in Cancer and Palliative Care

Support for people 18 years old or over, registered with a Hillingdon GP, where the main support needs are relating to their cancer or palliative-related condition. Referrals are usually from clinical nurse specialists, medical consultants, GPs and community nursing. Self-referrals will also be considered. Referral form can be found on their website

Website: <https://www.cnwl.nhs.uk/services/community-services/hillingdon-macmillan-clinical-psychology-service-cancer-and-palliative-care>

Telephone: 01895 279374

Address: Greenacres Centre, Hillingdon Hospital, Pield Heath Road, Uxbridge, Middlesex, UB8 3NN, United Kingdom

Mount Vernon Cancer Centre- the Lynda Jackson Macmillan Centre (LJMC)

NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre can access their counselling service for free. You can access the counselling service by phoning the LJMC Helpline and referring yourself, dropping in to the LJMC and speaking to a member of staff, or asking a member of your healthcare team to refer you.

Website: <https://www.enherts-tr.nhs.uk/services/lynda-jackson-centre/>

Telephone: 020 3826 2555

Address: Rickmansworth Road, Northwood HA6 2RN

Hillingdon Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://talkingtherapies.cnwl.nhs.uk/hillingdon>

Telephone: 01895 206800

Email: cnwl.hillingdontalkingtherapies@nhs.net

Address: Hillingdon Talking Therapies Service, Ground Floor, Beaufort House, Cricket Field Road, Uxbridge, UB8 1QG, United Kingdom

Macmillan psychological service- London North West University Healthcare NHS Trust

Patients under Central Middlesex, Ealing and Northwick Park Hospitals would also be able to access the Macmillan psychological service- London North West University Healthcare NHS Trust. They accept referrals from a wide range of healthcare professionals by email to the cancer psychology team but are unable to accept self-referrals.

Website: <https://www.lnwh.nhs.uk/macmillan-psychological-service/#referring-to-macmillan-psychological-service>

Email: lnwh-tr.cancer-psychology@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Ealing

Patients under Central Middlesex, Ealing and Northwick Park Hospitals can access support from **Macmillan psychological service- London North West University Healthcare NHS Trust**. They accept referrals from a wide range of healthcare professionals by email to the cancer psychology team but are unable to accept self-referrals.

Website: <https://www.lnwh.nhs.uk/macmillan-psychological-service/#referring-to-macmillan-psychological-service>

Email: lnwh-tr.cancer-psychology@nhs.net

Ealing Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://www.westlondon.nhs.uk/ealing-talking-therapies>

Telephone: [020 3830 5640](tel:02038305640)

Email: wlm-tr.talkingtherapies.ealing@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Brent

Patients under Central Middlesex, Ealing and Northwick Park Hospitals can access support from **Macmillan psychological service- London North West University Healthcare NHS Trust**. They accept referrals from a wide range of healthcare professionals by email to the cancer psychology team but are unable to accept self-referrals.

Website: <https://www.lnwh.nhs.uk/macmillan-psychological-service/#referring-to-macmillan-psychological-service>

Email: lnwh-tr.cancer-psychology@nhs.net

Brent Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/brent-talking-therapies>

Telephone: 020 8206 3924

Email: cnw-tr.brent.iapt@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Hounslow

Hounslow Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://www.westlondon.nhs.uk/hounslow-talking-therapies>

Telephone: [0300 123 0739](tel:03001230739)

Email: wlm-tr.talkingtherapies.hounslow@nhs.net

The Mulberry Centre

The Mulberry Centre in Twickenham, located on the grounds of West Middlesex University Hospital in Isleworth, is a cancer information and support centre. It is an independent charity that offers free services to anyone affected by cancer, including patients, families, carers, and those who have been bereaved. The centre provides a range of support services such as counselling, Support groups, complementary therapies, workshops, monthly social/creative activities, wellbeing classes, self help tools and telephone befriending for over 65's, welfare and benefits advice.

Address: WMUH Twickenham Road, TW7 6AF (open Monday to Friday 10am-4pm)

E-mail: talk@themulberrycentre.co.uk

Telephone: 020 8321 6300

Website: <http://themulberrycentre.co.uk>

Macmillan psychological service- London North West University Healthcare NHS Trust.

Patients under Central Middlesex, Ealing and Northwick Park Hospitals would also be able to access Macmillan psychological service- London North West University Healthcare NHS Trust. They accept referrals from a wide range of healthcare professionals by email to the cancer psychology team but are unable to accept self-referrals.

Website: <https://www.lnwh.nhs.uk/macmillan-psychological-service/#referring-to-macmillan-psychological-service>

Email: lnwh-tr.cancer-psychology@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Westminster

Psycho-Oncology Team at Imperial

The psycho-oncology team offers a specialist psychological care service for people affected by cancer, as well as their partners, families or carers, at any point during their care at Imperial.

Who can refer: They welcome referrals from the patients' Clinical Nurse Specialists.

Website: <https://www.imperial.nhs.uk/our-services/cancer-services/psycho-oncology>

Telephone: 020 3311 1739

Email: imperial.psycho-oncology@nhs.net

Locations: Charing Cross, St Mary's, Hammersmith and Queen Charlotte's Hospitals

Adult Psychological Support Service – Royal Marsden Hospital (Chelsea)

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Address: Fulham Road, London, SW3 6JJ

Email: Psychological.SupportAdmin@rmh.nhs.uk

Westminster Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://talkingtherapies.cnwl.nhs.uk/westminster>

Telephone: 030 3333 0000

Email: westminster.iapt@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Kensington & Chelsea

Adult Psychological Support Service – Royal Marsden Hospital (Chelsea)

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Address: Fulham Road, London, SW3 6JJ

Email: Psychological.SupportAdmin@rmh.nhs.uk

Psycho-Oncology Team at Imperial

The psycho-oncology team offers a specialist psychological care service for people affected by cancer, as well as their partners, families or carers, at any point during their care at Imperial.

Who can refer: They welcome referrals from the patients' Clinical Nurse Specialists.

Website: <https://www.imperial.nhs.uk/our-services/cancer-services/psycho-oncology>

Telephone: 020 3311 1739

Email: imperial.psycho-oncology@nhs.net

Locations: Charing Cross, St Mary's, Hammersmith and Queen Charlotte's Hospitals

Kensington & Chelsea Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/kensington-and-chelsea-talking-therapies-service-community-living-well>

Telephone: 020 3317 4200

Email: cnw-tr.clw@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Hammersmith and Fulham

Adult Psychological Support Service – Royal Marsden Hospital (Chelsea)

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Address: Fulham Road, London, SW3 6JJ

Email: Psychological.SupportAdmin@rmh.nhs.uk

Maggie's West London

Maggie's offer free practical, emotional, and social support to people with cancer and their families and friends. This support is available both in-person at their centres and online. Maggie's provides a variety of services including advice and information, psychological support, benefits advice, and various classes and workshops. No referral needed- you can simply drop into a centre or call for more information.

Website: <https://www.maggies.org/>

Location: Maggie's West London Charing Cross Hospital, Fulham Palace Road, London, W6 8R

Email: london@maggies.org

Telephone: 020 7386 1750

Psycho-Oncology Team at Imperial

The psycho-oncology team offers a specialist psychological care service for people affected by cancer, as well as their partners, families or carers, at any point during their care at Imperial.

Who can refer: They welcome referrals from the patients' Clinical Nurse Specialists.

Website: <https://www.imperial.nhs.uk/our-services/cancer-services/psycho-oncology>

Telephone: 020 3311 1739

Email: imperial.psycho-oncology@nhs.net

Locations: Charing Cross, St Mary's, Hammersmith and Queen Charlotte's Hospitals

Hammersmith & Fulham Talking therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Website: <https://www.westlondon.nhs.uk/handf-talking-therapies>

Telephone: 0300 123 1156

Email: wlm-tr.talkingtherapies.handf@nhs.net

Please speak with your cancer service for further information on support options that may be available to you.

Richmond

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Adult Psychological Support Service – Royal Marsden Hospital

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

Richmond NHS Talking Therapies Service

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: St John's Health Centre, Oak Lane, Twickenham TW1 3PA

Website: <https://www.richmondwellbeingservice.nhs.uk/>

Email / Telephone RichmondWellbeing@swlstg.nhs.uk / 020 3513 4455

The Mulberry Centre

The Mulberry Centre, located on the grounds of West Middlesex University Hospital in Isleworth, is a cancer information and support centre. It is an independent charity that offers free services to anyone affected by cancer, including patients, families, carers, and those who have been bereaved. The centre provides a range of support services such as counselling, support groups, complementary therapies, workshops, monthly social/creative activities, wellbeing classes, self help tools and telephone befriending for over 65's, welfare and benefits advice.

Address: WMUH Twickenham Road, TW7 6AF (open Monday to Friday 10am-4pm)

E-mail: talk@themulberrycentre.co.uk

Telephone: 020 8321 6300

Please speak with your cancer service for further information on support options that may be available to you.

Kingston

Kingston Hospital Cancer Counselling Service

The Kingston Hospital cancer counselling service is for patients of Kingston hospital with a cancer diagnosis and/or their adult carers. Professionals involved in your care can make a referral, or you can self refer.

Location: Sir William Rous Cancer Centre, Kingston Hospital, Galsworthy Road

Contact: 020 8934 2114/ **Email:** krft.cancercounsellingservice@nhs.net

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Adult Psychological Support Service – Royal Marsden Hospital

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

Kingston NHS Talking Therapies Service

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: Hollyfield House 22 Hollyfield Road, Surbiton, Surrey, KT5 9AL

Website: <https://swlstg.nhs.uk/kingston-talking-therapies>

Contact: Email : kingstontalkingtherapies@swlstg.nhs.uk / Telephone: 020 3513 4440

The Mulberry Centre

The Mulberry Centre in Twickenham, located on the grounds of West Middlesex University Hospital in Isleworth, is a cancer information and support centre. It is an independent charity that offers free services to anyone affected by cancer, including patients, families, carers, and those who have been bereaved. The centre provides a range of support services such as counselling, Support groups, complementary therapies, workshops, monthly social/creative activities, wellbeing classes, self help tools and telephone befriending for over 65's, welfare and benefits advice.

Address: WMUH Twickenham Road, TW7 6AF (open Monday to Friday 10am-4pm)

E-mail: talk@themulberrycentre.co.uk

Telephone: 020 8321 6300

Website: <http://themulberrycentre.co.uk>

Please speak with your cancer service for further information on support options that may be available to you.

Merton

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Adult Psychological Support Service – Royal Marsden Hospital

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

South East Cancer Help Centre (SECHC)

The SECHC aims to give any person affected by cancer an opportunity to explore ways which may help them to cope with their situation. A £35 annual membership provides access to 12 sessions of either counselling, complementary therapies or a combination. They offer free support groups for different specific types of cancer (Bowel, Breast, Ovarian, Prostate) as well as other group activities.

Telephone: 020 8668 0974

Website: <http://www.sechc.org.uk/>

Address: 2 Purley Rd, Purley CR8 2HA (open Monday to Friday 9am-1pm)

Maggie's at The Royal Marsden

Maggie's offer free practical, emotional, and social support to people with cancer and their families and friends. This support is available both in-person at their centres and online. Maggie's provides a variety of services including advice and information, psychological support, benefits advice, and various classes and workshops. No referral needed- you can simply drop into a centre or call for more information.

Website: <https://www.maggies.org/>

Location: Maggie's at The Royal Marsden, The Royal Marsden, 17 Cotswold Road, Sutton, SM2 5NG

Email: maggies.royalmarsden@maggies.org

Telephone: 020 3982 3141

Merton NHS Talking Therapies Service

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: Merton Uplift Generator Business Centre (next door to Cricket Green Medical Practice), 95 Miles Rd, Mitcham, Surrey CR4 3FH

Website: <https://swlstg.nhs.uk/merton-talking-therapies>

Contact: Email: MertonTalkingTherapies@swlstg.nhs.uk Phone: 0203 513 5888

Please speak with your cancer service for further information on support options that may be available to you.

Sutton

Adult Psychological Support Service – Royal Marsden Hospital

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Maggie's at The Royal Marsden

Maggie's offer free practical, emotional, and social support to people with cancer and their families and friends. This support is available both in-person at their centres and online. Maggie's provides a variety of services including advice and information, psychological support, benefits advice, and various classes and workshops. No referral needed- you can simply drop into a centre or call for more information.

Website: <https://www.maggies.org/>

Location: Maggie's at The Royal Marsden, The Royal Marsden, 17 Cotswold Road, Sutton, SM2 5NG

Email: maggies.royalmarsden@maggies.org

Telephone: 020 3982 3141

South East Cancer Help Centre (SECHC)

The SECHC aims to give any person affected by cancer an opportunity to explore ways which may help them to cope with their situation. A £35 annual membership provides access to 12

sessions of either counselling, complementary therapies or a combination. They offer free support groups for different specific types of cancer (Bowel, Breast, Ovarian, Prostate) as well as other group activities.

Telephone: 020 8668 0974

Website: <http://www.sechc.org.uk/>

Address: 2 Purley Rd, Purley CR8 2HA (open Monday to Friday 9am-1pm)

Sutton NHS Talking Therapies Service

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online

Location: 1st Floor Jubilee Health Centre East, 6 Stanley Park Road, Wallington, Surrey, M6 0EX

Website: <https://swlstg.nhs.uk/sutton-contact-us>

Contact: SuttonTalkingTherapies@swlstg.nhs.uk | 0800 032 1411

Please speak with your cancer service for further information on support options that may be available to you.

Croydon

Croydon University Hospital Macmillan Cancer Psychological Support Service

The Croydon Psychological Support Service at Croydon University Hospital offers support for those people with cancer, or their loved ones, who live in Croydon. The service is for patients aged 18 and over for whom cancer related distress is the main difficulty. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can also self-refer.

Contact: 0208 401 3345 | ch-tr.cuhcaps@nhs.net

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Adult Psychological Support Service – Royal Marsden Hospital

Who can refer: Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

South East Cancer Help Centre (SECHC)

The SECHC aims to give any person affected by cancer an opportunity to explore ways which may help them to cope with their situation. A £35 annual membership provides access to 12 sessions of either counselling, complementary therapies or a combination. They offer free support groups for different specific types of cancer (Bowel, Breast, Ovarian, Prostate) as well as other group activities.

Telephone: 020 8668 0974

Website: <http://www.sechc.org.uk/>

Address: 2 Purley Rd, Purley CR8 2HA (open Monday to Friday 9am-1pm)

Croydon Talking Therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: Admin Building, Bethlem Royal Hospital, Davis House, Central Croydon

Website: <https://croydontalkingtherapies.nhs.uk/>

Contact: 0203 228 4040 | CroydonNHSTalkingTherapies@slam.nhs.uk

Please speak with your cancer service for further information on support options that may be available to you.

Wandsworth

St George's Hospital Macmillan Cancer Psychological Support (CaPS) service

Patients who are having their main cancer care at St George's hospital can access support through the CaPS Team. The service is for patients aged 18 and over, as well as their family/loved ones, for up to two years after the end of cancer treatment. Referrals are accepted from health care professionals in the hospital, as well as services like GPs, talking therapies. Patients can contact to discuss a referral directly, but are advised to go via their care team if at all possible.

Contact: 020 8725 0461 | cancer.psychologicalsupport@stgeorges.nhs.uk

Adult Psychological Support Service – Royal Marsden Hospital

Adult psychological support is available to Royal Marsden patients over 18 who have a current cancer diagnosis and are receiving active cancer treatment, and are experiencing clinically significant levels of distress. You can be referred to the Adult Psychological Support Service by a member of staff involved in your care. Alternatively, you can self-refer by completing the self-referral form provided on the website and sending it to the department using the contact details below.

Website: <https://www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer/treatments-therapies-services/adult-psychological>

Telephone: 020 7808 2777

Email: Psychological.SupportAdmin@rmh.nhs.uk

Wandsworth Talking Therapies

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: Wandsworth Talking Therapies, First Floor Office, 56 Tooting High Street, London, SW17 0RN

Website: [Wandsworth Talking Therapies - Website](#)

Contact: Wandsworth.TalkingTherapies@swlstg.nhs.uk | 020 3513 6264

Maggie's at The Royal Marsden

Maggie's offer free practical, emotional, and social support to people with cancer and their families and friends. This support is available both in-person at their centres and online. Maggie's provides a variety of services including advice and information, psychological support, benefits advice, and various classes and workshops. No referral needed- you can simply drop into a centre or call for more information.

Website: <https://www.maggies.org/>

Location: Maggie's at The Royal Marsden, The Royal Marsden, 17 Cotswold Road, Sutton, SM2 5NG

Email: maggies.royalmarsden@maggies.org

Telephone: 020 3982 3141

Please speak with your cancer service for further information on support options that may be available to you.

Wandsworth NHS Talking Therapies Service

Talking Therapies Services provide support for a range of difficulties, including low mood, anxiety, and stress, which can be related to a long-term health condition like cancer. They accept referrals from registered GPs, other healthcare professionals and self-referrals. This can be done via telephone or online.

Location: Wandsworth Talking Therapies, First Floor Office, 56 Tooting High Street, London, SW17 0RN

Website: <https://swlstg.nhs.uk/wandsworth-talking-therapies>

Contact: Wandsworth.TalkingTherapies@swlstg.nhs.uk | 020 3513 6264