

Here at the Queen Victoria Hospital we have a team of counsellors and psychologists who form part of your multidisciplinary care. We offer support to people during their treatment here either whilst an inpatient or after we have discharged you. You remain our patient after you have been discharged so feel free to contact us at any point during your treatment journey. You might be fine. However we recognise that there are many reasons why people feel they could benefit from some extra support.

- You may be worried about your operation or treatment.
- You may be worried about coping with your changed appearance.
- You may be lacking confidence.
- You may feel your relationships with your partner/family/friends have changed.

Many people feel:

Sad	Powerless	Distressed
Vulnerable	Depressed	Lonely
Anxious	Self-conscious	Embarrassed
Hopeless	Different	Envious
Isolated	Angry	Invisible

Thoughts and feelings can sometimes change our behaviours too, such as:-

- Fear of intimate relationship.
- Avoiding public places.
- Avoiding other relationships for fear of rejection eg, old friends.
- Avoiding mirrors.
- Retreating/avoiding social situations/ isolating yourself and many more.

All of these are completely normal human behaviours, thoughts and feelings but may not be terribly helpful.

***When would I be able to see a member of the Psychological Therapy Team?***

We can see you before your admission, whilst in hospital or at appointments after you have been discharged.

**Please ask if you would like this leaflet in larger print or a different format.**

**CONTACT DETAILS**

Patient name: \_\_\_\_\_

Telephone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Preferred method of contact & time: \_\_\_\_\_

Ok to leave a message? \_\_\_\_\_

## Psychological Therapy Services for Patients with Cancer

### *How can I contact the Psychological Therapy Team?*

- You can ask your nurse, doctor or other member of the team looking after you to contact us. If you are an inpatient we can usually arrange to see you within a few days
- Alternatively you may contact the department directly to speak with a member of staff on 01342 414478 or by email at [psychologicalteamqvh@nhs.net](mailto:psychologicalteamqvh@nhs.net)
- You can also detach the attached slip, put it in an envelope and send it to us by FREEPOST and we will contact you.
- After making an appointment you will be seen by a member of our team for an initial assessment to determine how best we can help.
- You can also be put in touch with services closer to home.
- We look forward to hearing from you if you would like to use our services.

Department of Psychological Therapy  
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**Put in a sealed envelope and send to the address below:**

**Department of Psychological Therapy  
Queen Victoria Hospital  
FREEPOST RTJY-ZCAT-SAEJ  
Holtye Road  
East Grinstead  
RH19 3DZ**

**Tel No: 01342 414 478**

