

EVERYDAY SOMEONE GETS NEWS THAT WILL CHANGE THEIR LIFE FOREVER. THIS IS TRUE FOR PEOPLE WHO RECEIVE A CANCER DIAGNOSIS.

Often it takes time for the impact of this news to really register.

When it does, it brings with it a whole array of emotions, some of which can be overwhelming. It is times like this that we need increased support from family and friends.

As well as that, we may also need the support of someone specially trained to listen...we may benefit from the help of a counsellor.

There are so many things that can run through a persons mind following a diagnosis of cancer...

- The feeling of your body being out of control
- The fear of death
- Not knowing what to expect
- The possibility of unpleasant treatment
- The fear of pain
- The worry of what other people will think.

Counselling

Of course each person will react in their own unique way. Counselling seeks to respect that and help the person come to terms with the new reality that they face.

The process is confidential. This is vital so that individuals can feel safe and secure.

The counsellor helps create the right setting so that the person can explore their true feelings.

Who is this service for?

The counselling service is for anyone diagnosed with cancer. Additionally family members may also avail of this service.

How much does it cost?

The service is free to those who need it.

Do I need to be referred by a medical professional?

No, you can contact us directly. However it's important to let your Doctor know if you are considering counselling as part of your treatment plan.

Can I choose between a Male or Female Counsellor?

Yes you can choose, however it can have timing implications. It may, for example, mean a delay until your choice becomes available.

Are Cancer Lifeline Counsellors appropriately trained?

All our Counsellors are trained competent professionals. They are accredited by recognised Counselling authorities such as BACP and IACP. They adhere to the code of ethics of their respective counselling organisation.

How long will it take for me to see a counsellor?

We try to see new clients within a 2 - 3 week of their initial request.

help is at hand...

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