

About the Psycho-Oncology Service

Leicester Psycho-Oncology Service

Information for Patients



Help for emotional problems associated with cancer

Our Purpose

The Leicester Psycho-oncology Service provides a service to people in Leicestershire and Rutland who are living with cancer. We are a very down-to-earth service that looks at some of the emotional difficulties people face following a diagnosis of any form of cancer (includes lymphoma, leukaemia, myeloma and melanoma).

We are very used to helping people who are depressed after a diagnosis of cancer, but we deal with many other problems including:

Persistent distress	Communication problems
Severe anxiety	Adapting to changed lifestyle
Anger	Worries about body image
Suicidal thoughts	Low self-esteem

Who Are We?

Our service is run by experienced mental health professionals, including:

Alex Mitchell	Consultant psychiatrist
Chris Coggan	Senior nurse practitioner
Sue Todd	Dual qualified nurse practitioner
Julia Middleton	Associate specialist in psychiatry

We also have close links with medical psychology. Occasionally medical and nurse students and researchers work with us.

What Can We Offer?

We offer a range of treatments and always try and find the best one for you. Each treatment will only be given with your agreement and you can stop treatment if it does not suit you. We will not give you any treatment which interferes with your medical treatment.

Treatments that may be recommended include:

Emotional support	Face-to-face talking therapy
Graded activity planning	Cognitive behavioural therapy (CBT)
Antidepressants	Group therapy
Tailored information	Relaxation programmes

Coming to See Us

Any professional involved in your care can refer you to us. This would usually be your cancer specialist, nurse specialist or GP. Attendance is entirely voluntary and you will be treated with respect and given time and space to talk about the things that are worrying you.

If you have special difficulties coming to our clinic at Leicester Royal Infirmary, we could see you at Glenfield Hospital, Leicester General Hospital or LOROS. If necessary we can see you at home or arrange transport for you.

Our contact details are overleaf.

If you decide you do not want to see us please let your doctor know, and if you cannot attend your appointment on a particular day please let us know (even if it's at the last minute).

Contact Details for the Leicester Psycho-Oncology Service

Administrative Base

Department of Psycho-oncology
Daisy Peake Building
Gipsy Lane
Leicester
LE5 0TD

Tel 0116 246 3470

Fax 0116 225 6673

Outpatient Clinic

Leicester Royal Infirmary
Osborne Building
Infirmary Square
LE1 5WW

Tel 0116 246 3470 (secretary)

Tel 0300 303 1573 (switchboard)

Think again.

Change.

If you would like this information in another language or format, please contact the Service Equality Manager on 0116 258 8295

ਆਪਨਿ ਯਦਿ ਐ ਲਿਫਲੇਟੋਰ ਅਨੁਵਾਦ - ਲਿਖਿਤ ਚਾ ਅਡਿਓ ਟੈਪ' ਐ ਚਾਨ, ਤਾਹਲੇ ਅਨੁਗ੍ਰਹ ਕਰੇ ਸਾਰ੍ਹਿਸ਼ ਇਕੁਯਾਲਿਟਿ ਮਿਆਨੇਜਾਰ ਡੇਭ ਬੇਕਾਰ' ਐਰ ਸਾਥੇ 0116 258 8295 ਨਾਬਾਰੇ ਯੋਗਾਯੋਗ ਕਰਨ ।

यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डैब बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 258 8295 पर सम्पर्क कीजिए ।

ਜੇ ਤਮਨੇ ਆ ਪਤ੍ਰਿਤਾਨੁੰ ਬੇਚਿਨ ਅਥਵਾ ਟੇਪ ਉਪਰ ਆਖਾਨਰ ਜੇਠੰਨੁੰ ਭੋਖ ਨੋ ਮੁਫੇਰਆਨੀ ਕਰੀ ਤੇਭ ਐਕਰ, ਸਰਵਿਸ ਈਕੁਆਲਿਟੀ ਮੈਨੇਜਰ-ਨੋ 0116 258 8295 ਉਪਰ ਸੰਪਰਕ ਕਰੋ.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriiir, Maamulaha Adeegga Sinaanta 0116 258 8295.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਬ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 258 8295 ਤੇ ਸੰਪਰਕ ਕਰੋ ।

Eğer bu broşürün (kitapçığın) yazılı veya kasetli açıklamasını isterseniz lütfen servis müdürüne 0116 258 8295 telefonundan ulaşabilirsiniz.