Get in touch

Macmillan Psychology Service, Clinical Health Psychology Service, Mountbatten House, The Square, Dunstable Bedfordshire, LU6 3HD

01582 293222

elft.macmillanpsychologyreferrals@nhs.net

We like to hear about the quality of the service we provide. If you would like to share feedback about the Psychology Service, please contact the Patient Advice and Liaison Service on 0800 0131223.

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call the Macmillan Support Line 0808 808 00 00 (7 days a week, 8am – 8pm) or visit macmillan.org.uk.

In partnership with

Macmillan.org.uk

Bedfordshire Community Health Services

NHS East London NHS Foundation Trust

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Macmillan Psychology Service in Luton & Bedfordshire

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Bedfordshire Community Health Services

NHS East London NHS Foundation Trust

MACMILLAN CANCER SUPPORT

Macmillan Psychology Service in Luton & Bedfordshire

Who we are

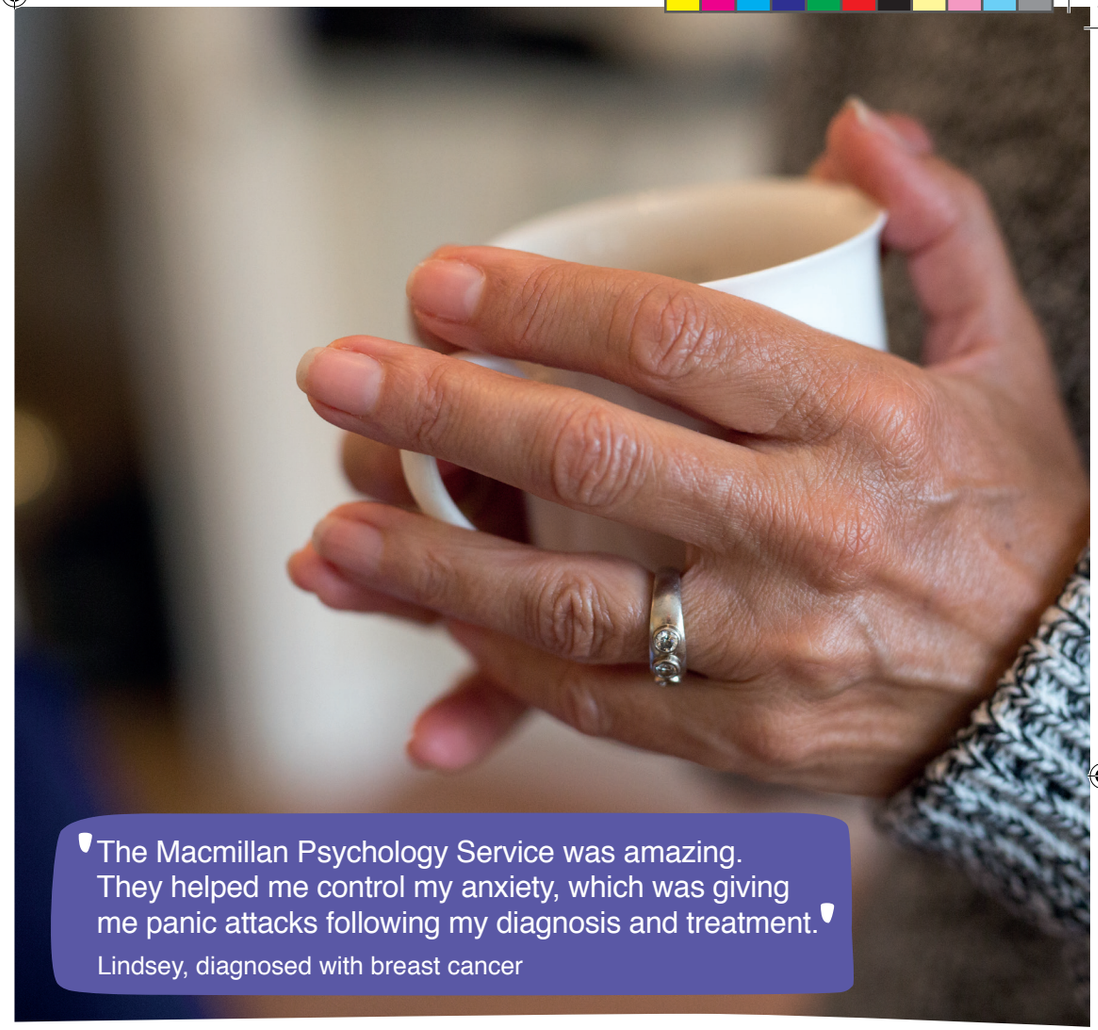
We provide specialist psychological support for people with cancer and palliative care needs, as well as their carers or family members. We receive referrals from medical teams for people with any cancer diagnosis, at any stage of their care, with any cancer-related psychological difficulties. The service is free to access.

What we do

It is common for people affected by cancer to feel quite isolated and alone, finding it difficult to express their thoughts and feelings, especially to those that are close to them. We provide a safe environment where we can listen, understand and support you through a difficult time, helping you to put your difficulties into perspective and learn coping strategies. Sessions can last up to an hour and take place by telephone, via video call or where possible, at various clinic locations across Bedfordshire.

Examples of issues we can help address

- coping with adjustment, change, uncertainty or loss
- difficulties with making decisions relating to cancer treatment
- coping with cancer treatments
- feelings of depression, anxiety or anger
- coping with changes in how you look
- loss of confidence or changes to your self-esteem
- coping with persistent pain, fatigue and other side effects
- difficulty sleeping
- worries about the future and fear of death
- difficulties in relationships with family, friends or healthcare professionals



"The Macmillan Psychology Service was amazing. They helped me control my anxiety, which was giving me panic attacks following my diagnosis and treatment."

Lindsey, diagnosed with breast cancer

What happens next?

At your first appointment, we will talk about your cancer experiences, how you are thinking, feeling and adjusting, and what difficulties you are facing. We can speak to you alone or with your partner or family, and will ask you to complete some questionnaires. Following this, we will work together to create a treatment plan tailored to your needs.

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