



If you are unsure of what to do  
next you can talk with one of our  
nurses on the Cancer Focus NI  
Information & Support Helpline

**0800 783 3339**

Monday to Friday 9am - 1pm  
Calls are free from a landline  
[helpline@cancerfocusni.org](mailto:helpline@cancerfocusni.org)

**Cancer Focus Northern Ireland**  
40-44 Eglantine Avenue  
Belfast BT9 6DX

T: 028 9066 3281  
E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)  
[www.cancerfocusni.org](http://www.cancerfocusni.org)



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**Focus on  
Counselling  
Service**



When you, or someone close to you has cancer it is normal to feel anxious, frightened and worried about the future. These feelings can be confusing and overwhelming and it can help to talk to someone who understands the effect cancer has on people's lives.

### How does the Counselling Service work?

Counselling can help you explore and manage any issues or difficulties you may be experiencing. It can help you:

- Explore and understand the changes that occur in your life after a diagnosis of cancer.
- Express the many thoughts and feelings that can be overwhelming, making it difficult to think clearly.
- Deal with sexual or body image issues.
- Cope with feelings of isolation.
- Reduce anxiety and depression.
- Clarify your thoughts, helping you consider options and make your own decisions.
- Understand what changes will help restore a sense of balance and control.

Our Counselling Service gives you time to talk, in a one to one, safe and non-judgemental environment, about what is important to you. It is there for you and/or your family and is a personal service that has helped many people adjust to a cancer diagnosis and move on with their lives.

If you would like to use the service, you can contact any of the counsellors listed here. If you want to discuss whether the service is right for you, phone our Freephone Helpline **(0800 783 3339)** where you can talk through your circumstances with a cancer information nurse.

If you decide to go ahead a counsellor will arrange an appointment to suit you. These may last 45 minutes to an hour depending on how you are feeling.

There is no charge for any Cancer Focus Living Well service.

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*Counselling helped me to feel better about myself and more positive about my ability to cope long term.*

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### Counsellors are available at:

**Cancer Focus Northern Ireland**  
40-44 Eglantine Avenue, Belfast  
T: 028 9066 3281

**Cancer Support and Information Centre**  
Belfast City Hospital  
T: 028 9063 8980

**Antrim Area Hospital and at Ballmoney**  
T: 028 9442 4218

**Ards Community Hospital and Downe Hospital**  
T: 07927 944 922

**Altnagelvin Hospital**  
T: 028 7134 5171 ext 213353

**Craigavon Area Hospital**  
T: 028 3861 3645

**Lagan Valley Hospital**  
T: 07917 166 484

**South West Acute Hospital, Enniskillen and Tyrone County Hospital, Omagh**  
T: 07525 896 904