



If you would like to discuss whether this service is right for you, call one of our nurses on our freephone
Cancer Nurseline

0800 783 3339

Monday to Friday 9am - 1pm
Calls are free from a landline
nurseline@cancerfocusni.org

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

T: 028 9066 3281
E: care@cancerfocusni.org
www.cancerfocusni.org



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Cancer Focus
NORTHERN IRELAND

**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 confuse and overwhelm you.

The counselling service can help you:

- Explore and make sense of the changes that happen after a diagnosis of cancer
- Express the many overwhelming thoughts and feelings that stop you from thinking clearly at this difficult time
- Deal with sexual or body image issues
- Cope with feelings of isolation.
- Consider options and make your own decisions
- Restore a sense of balance and control in your life

Our Counselling Service takes place in a one-to-one, confidential non-judgemental environment.

We have supported many people through their experience of cancer. Cancer Focus is committed to providing services for everyone. It is our sincere intention never to discriminate on the grounds of sex, sexual orientation or gender identity, age, race, disability, religion or belief, nationality or any other aspect of identity which can lead to discrimination.

A counselling appointment may last 45 minutes to an hour. All of our care services at Cancer Focus NI are free to cancer patients and families.

You can find the counselling service in your area listed in this leaflet.

“

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, Ballmoney & Coleraine
T: 028 9442 4218

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

Lagan Valley Hospital
T: 07917 166 484

Altnagelvin Hospital
T: 028 7134 5171 ext 213353

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

Craigavon Area Hospital
T: 028 3861 3645