

If you have any concerns about cancer you can talk to one of our experienced nurses on the Cancer Focus NI **FREE** information and support Nurseline

0800 783 3339

Monday, Wednesday and Friday 9am - 1pm.
Calls are **free** and **confidential** from a landline.
nurseline@cancerfocusni.org



Counselling

If you would like to know more about this service or make a referral, please scan the QR code or contact:

T: 028 9066 3281

E: care@cancerfocusni.org

www.cancerfocusni.org

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



Charity No: NIC 101307



Counselling



When someone is diagnosed with cancer, they may experience feelings of shock, anger, or confusion. Even the most supportive family members, friends, or employers cannot understand exactly how it feels to go through a cancer journey.

Counselling is one way for individuals to express their emotions. An opportunity to talk one-to-one in a safe, non-judgmental environment about what is important to you.

What to expect?

Our Counselling Service takes place in a confidential non-judgmental environment.

Support provided:

- Making sense of the changes that happen after a diagnosis of cancer
- Processing thoughts and feelings that stop you from thinking clearly
- Dealing with sexual or body issues
- Reducing feelings of isolation
- Considering options and decision making
- Taking back control of your life
- Coping with bereavement.

About the service

This service is delivered across Northern Ireland and is available to cancer patients and families.

We offer counselling in person, online or by the phone, provided by experienced and accredited counsellors.

It is because of generous donations that we can continue to deliver vital complimentary cancer support services to local people and families. To donate to or support our charity, please email fundraising@cancerfocusni.org

“I used the counselling service as an opportunity to talk through my anxieties in a safe and non-judgmental environment. My two sons found the time extremely difficult and did not want to talk about their dad’s cancer. I had to be there for everyone, and the counselling service helped navigate this time.”

Former client

