



The Mayday Cancer Counselling Service

A referral service for patients and
relatives.

The cancer patient's journey.

- *It is a journey into the unknown.*
- *The information given for that journey may be confusing.*
- *No two cancer journeys are alike.*

Diagnosis

- *A diagnosis of cancer can turn our world upside-down.*
- *When a person hears the diagnosis 'cancer', he or she almost automatically hears 'death'.*

Waiting for tests and results

- *‘Being in limbo.’*
- *Fear of the unknown.*

Treatment

- *Anxiety and Fears.*
- *Conflict with firmly held values.*
- *There is a light at the end of the tunnel.*

Being an inpatient.

- *Loss of independence, frustration.*
- *Loss of sense of dignity.*
- *Anger: a cover for sadness, fear and frustration?*

When the treatment is over.

- *The light at the end of the tunnel has been reached: loss of routine and focus.*
- *Loss of support.*
- *What now?*

Counselling: a time to take stock,

- *Relationships.*
- *Physical scars, emotional scars.*
- *Past traumas may return to haunt.*
- *Why me?*
- *Loss (of capacities, of self-definition etc.)*

Looking to the future.

- *What does it hold?*
- *New self-definition, new priorities, new life – a time for personal exploration.*

Life has been turned upside down.

- *A diagnosis of cancer reminds us of our fragility and mortality,*
- *Yet many people live a richer, more fulfilled life after a diagnosis of cancer.*

The Cancer Counselling Service.

- *A diagnosis of cancer can lead a person to question every area of his/her life.*
- *The counsellor is by the patient's side in his/her questioning and quest.*

The Cancer Counselling Service.

- *Helping a person adapt to life after a diagnosis of cancer.*