

In partnership with

MACMILLAN
CANCER SUPPORT

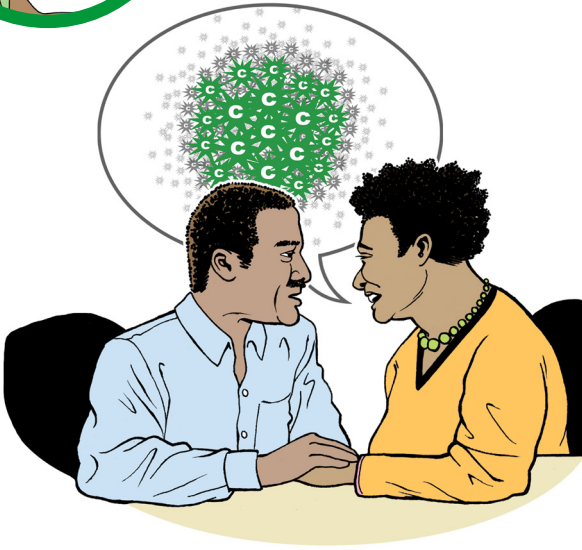
easy
read

Talking about cancer and your feelings





About this easy read booklet



This booklet is about how you can talk about cancer and share your feelings.



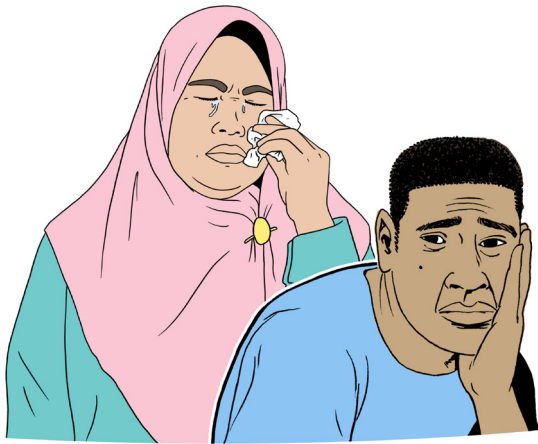
You can learn about how talking about cancer can help you.



If you are worried about your health, you should talk to a doctor or nurse.



Your feelings and cancer



When you have cancer you may feel:

- sad or depressed



- worried or anxious



- angry



- alone or lonely, even if there are people around you.



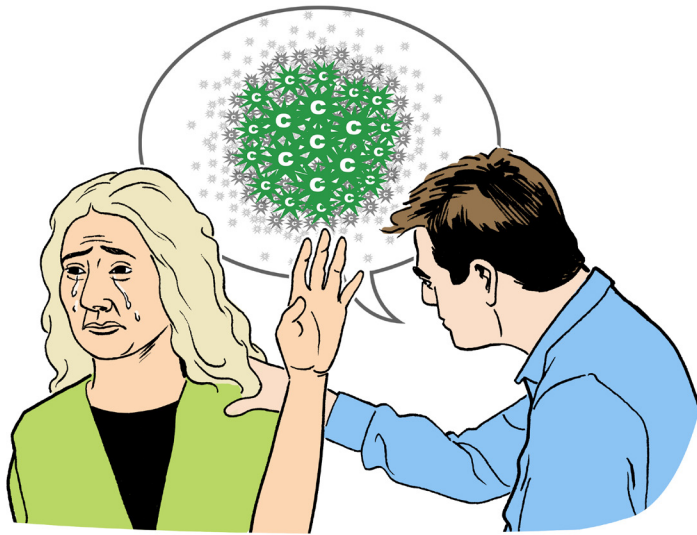
Why talk about cancer?



Talking about cancer can be hard.



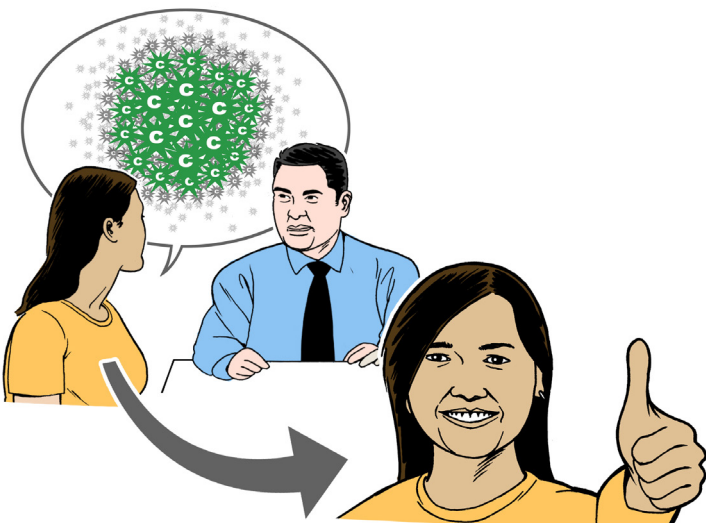
You might worry about upsetting other people.



You might be scared, or too upset to talk about cancer.



You might find it hard to say how you feel to other people.



But talking about cancer can really help.

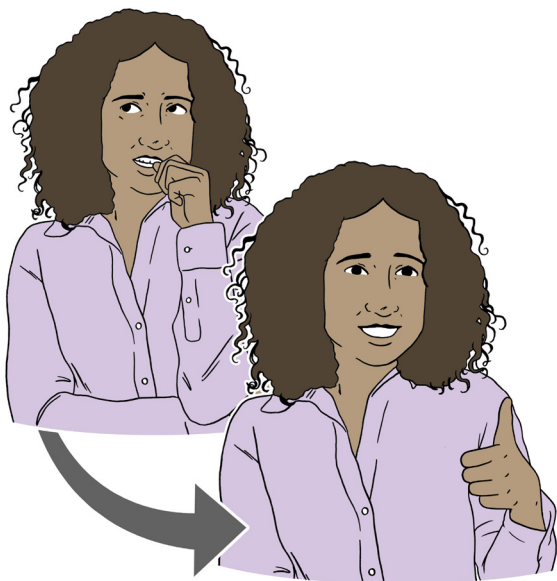


It can help you to:

- understand the way you are feeling



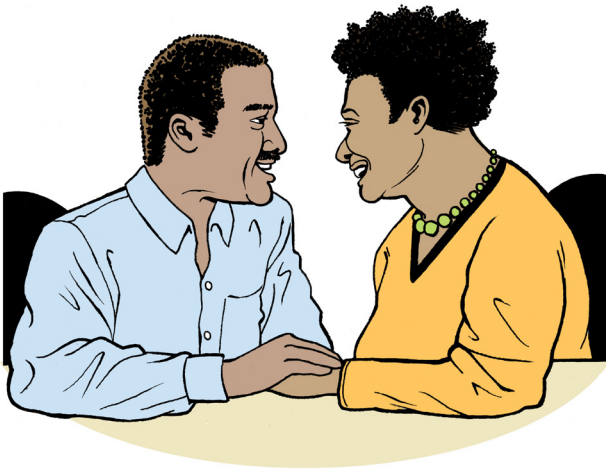
- feel less alone



- feel less worried or scared



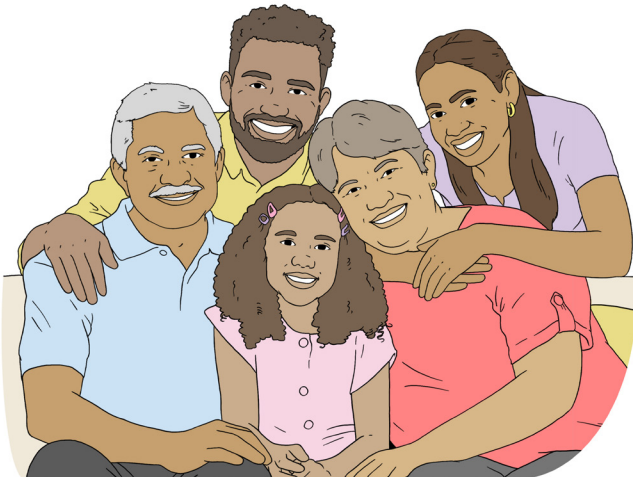
- ask for any help that you need



- feel supported by family and friends.



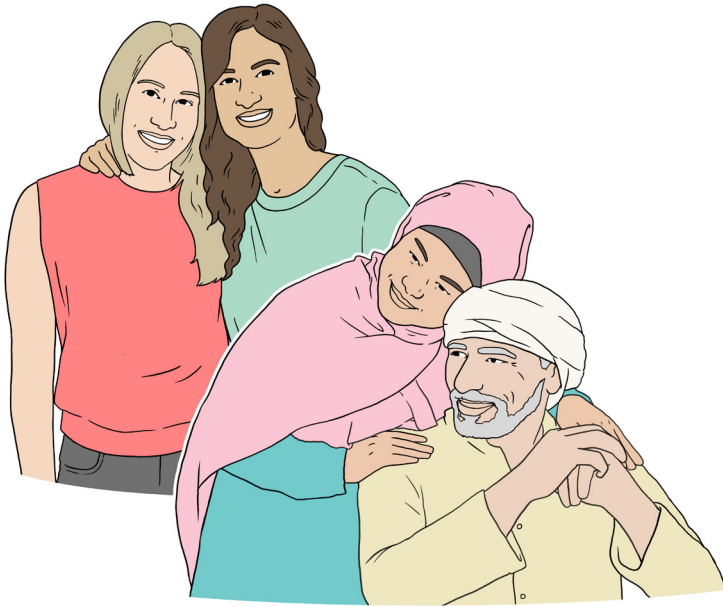
Who can I talk to?



Talk to someone you trust and feel safe with.

This could be:

- family



- your partner



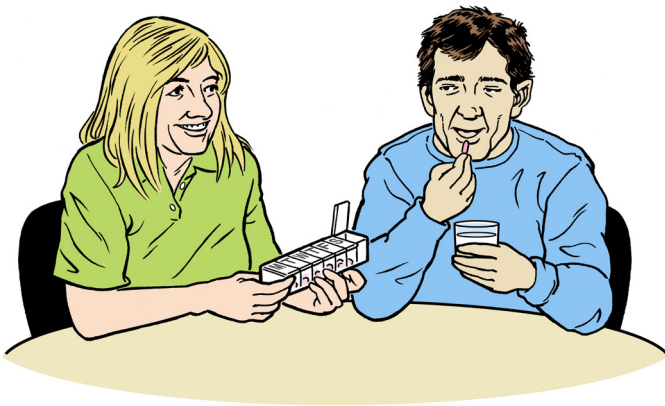
- a friend



- someone from your religious community



- a work friend



- your carer, health care team or someone else who supports you.



Talking to family and friends



Talking to family and friends about cancer can be hard. But it can help you feel better.



If you tell them about the cancer and how you are feeling, they will usually want to help you.



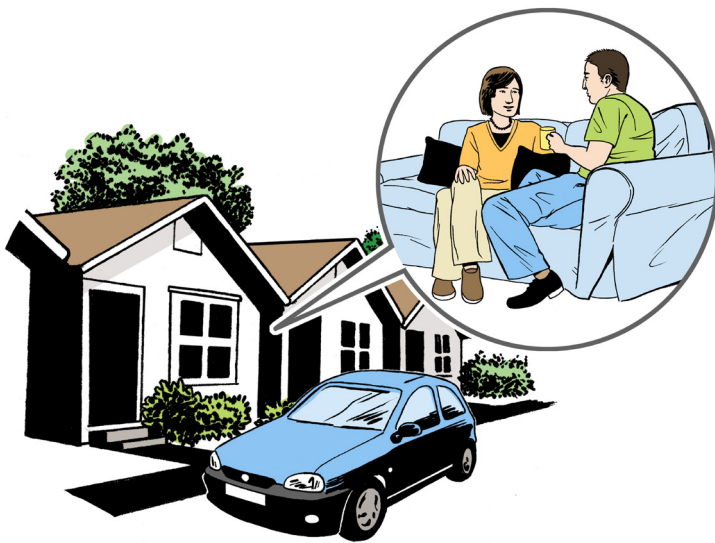
Here are some tips for talking to family and friends about cancer.



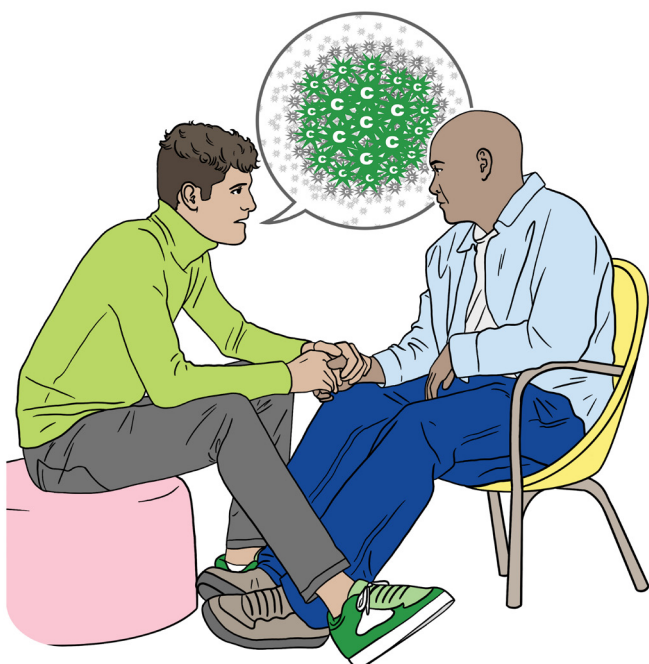
Think about who you want to talk to. It should be someone you trust.



Think about what you want to tell them.



Meet in a quiet place where you can talk.



You might want to tell them:

- what you know about the cancer



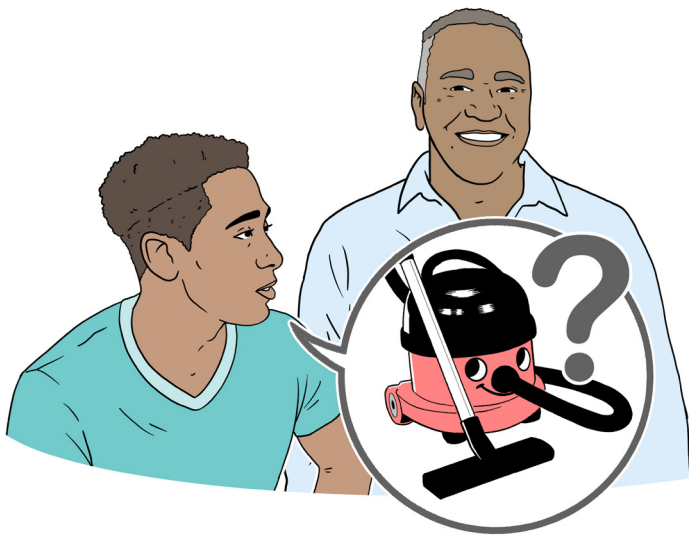
- about the treatment you might be having



- how you are feeling



- if you are worried about anything



- if you would like help with anything



Sometimes, people say things like "everything will be OK".



People may want to stop you getting upset. But it is normal to feel upset. It is OK to say how you feel.



You do not have to pretend you feel ok if you are upset.



Talking to healthcare professionals



You can talk to your cancer team about how you are feeling.



They are good at helping people with cancer. They know about the problems and worries you may have.



Before you talk to your doctor or nurse, try to think about what you want to say or ask.



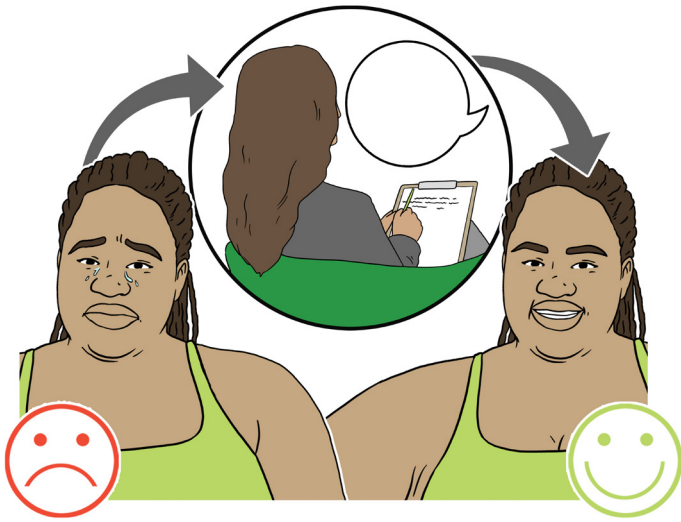
You could take someone with you. They can help you talk to the doctor or nurse.



Talking to a counsellor



A counsellor is someone who can help you with your feelings.



If you feel sad, worried, lonely or angry, talking to a counsellor may help.



You can ask your cancer doctor or GP about seeing a counsellor.



You can call or email these organisations to find out more about counselling.



UK Council for Psychotherapy (UKCP)

Phone: **020 7014 9955**

Email: **info@ukcp.org.uk**

Website:

www.psychotherapy.org.uk



The British Association for Counselling and Psychotherapy (BACP)

Phone: **01455 883 300**

Email: **bacp@bacp.co.uk**

Website: **www.bacp.co.uk**



Talking at support groups



A support group is a group of people who get together to talk about something. You may meet online or in person.



You can find a cancer support group near you at:

[macmillan.org.uk/
supportgroups](https://macmillan.org.uk/supportgroups)



If you have a learning disability, you may want to meet other people with a learning disability.

Find out more from Mencap:

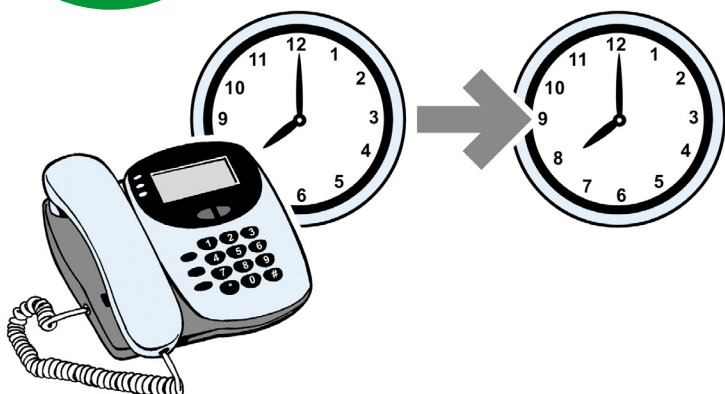
Phone: **0808 808 1111**

Email: helpline@mencap.org.uk

Website: www.mencap.org.uk



Talking to Macmillan



You can call Macmillan for support call us free on:

0808 808 00 00

7 days a week, 8am to 8pm.



If you phone Macmillan, you can ask us questions about cancer. You can also talk about your feelings.

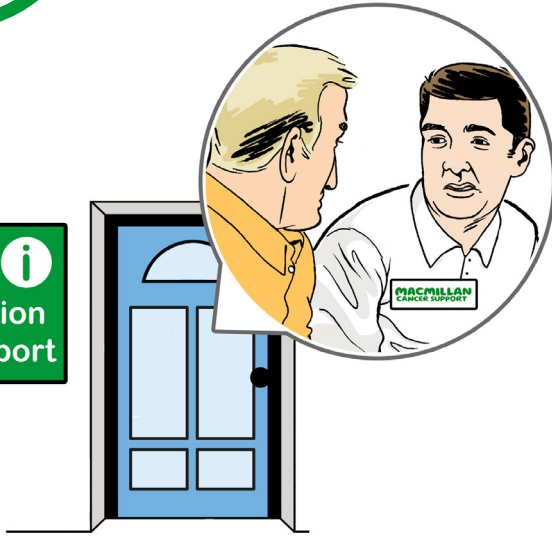


These calls are private.

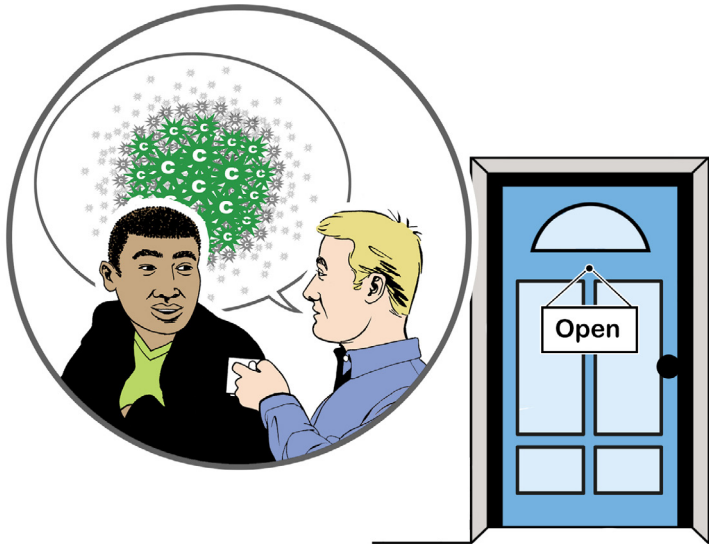


If you use a textphone, you can call us using Next Generation Text (NGT) by dialling
18001 0808 808 00 00

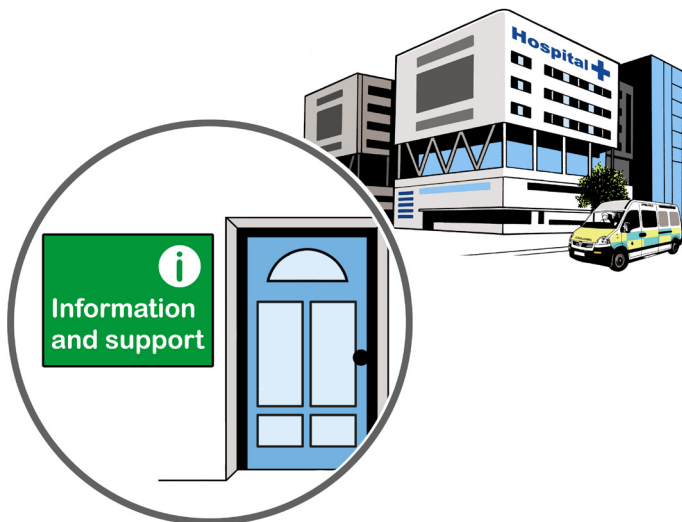
Cancer information and support centres



At an information and support centre, you can talk to someone who is trained to help people with cancer.



You may need to book an appointment to talk to someone.



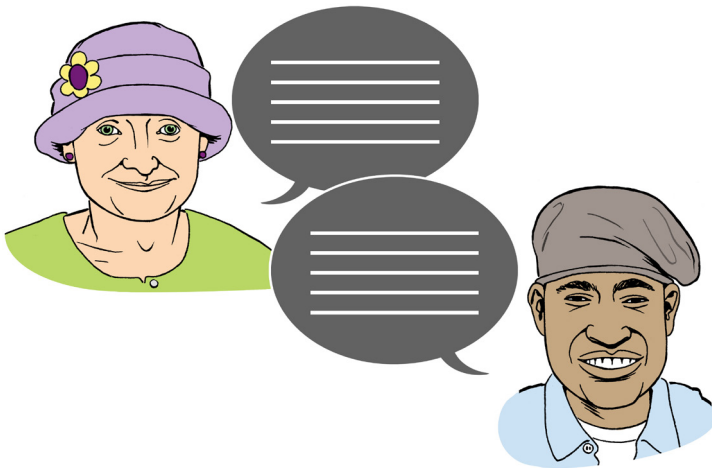
These services are in hospitals and local places like libraries. You can find one near you at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)



Online support



If you use the internet you can find support groups on the Macmillan Online Community: [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



You can tell people what it is like for you to have cancer. You can also read what other people say about cancer.



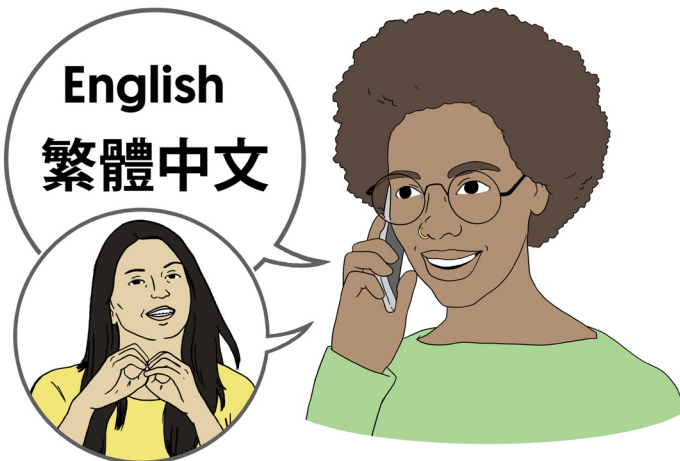
How Macmillan can help you



You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.

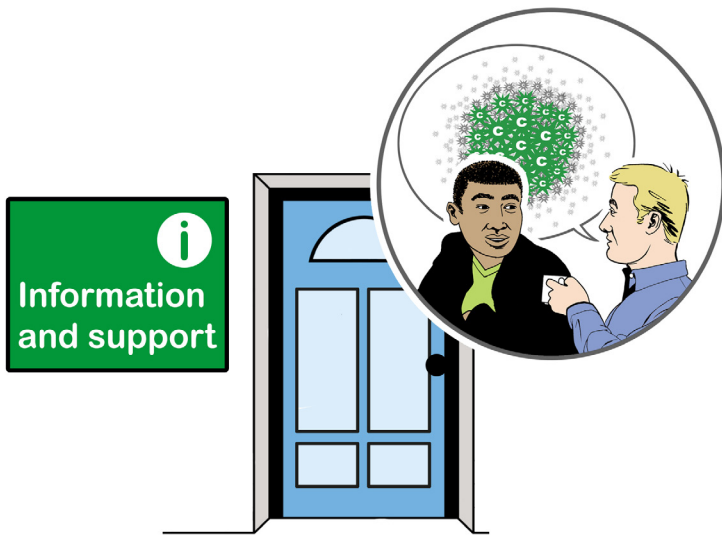


The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer.

You can also use our web chat to ask questions at

[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



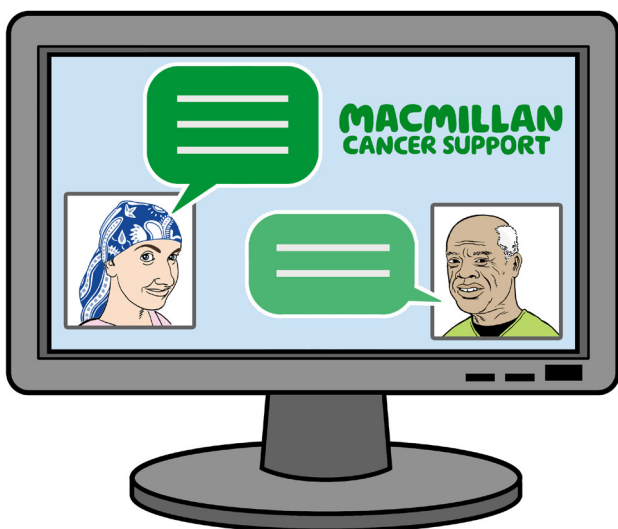
Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



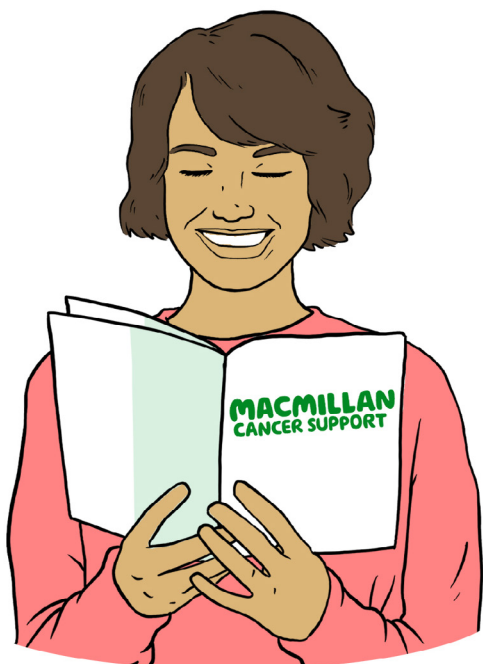
Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Videos

You can watch videos about cancer at

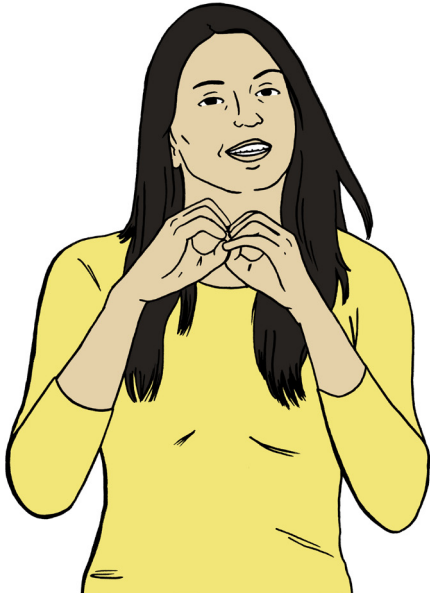
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



Audio

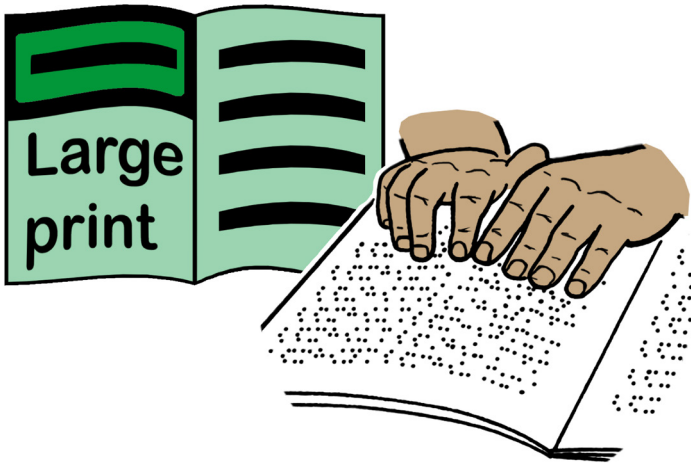
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



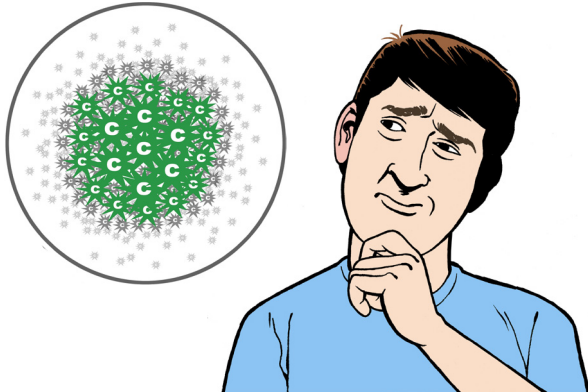
Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:

About Macmillan

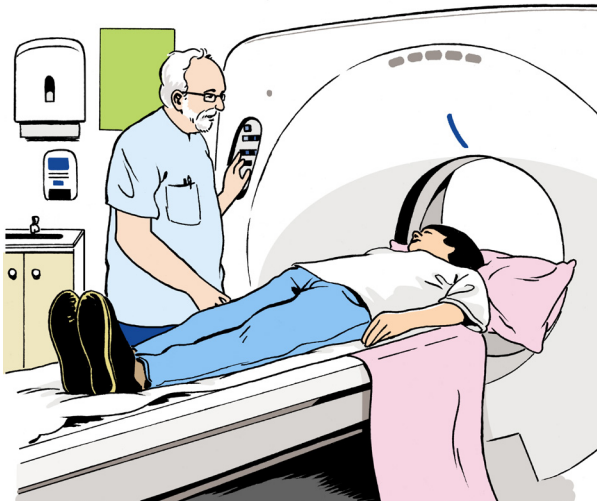
- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

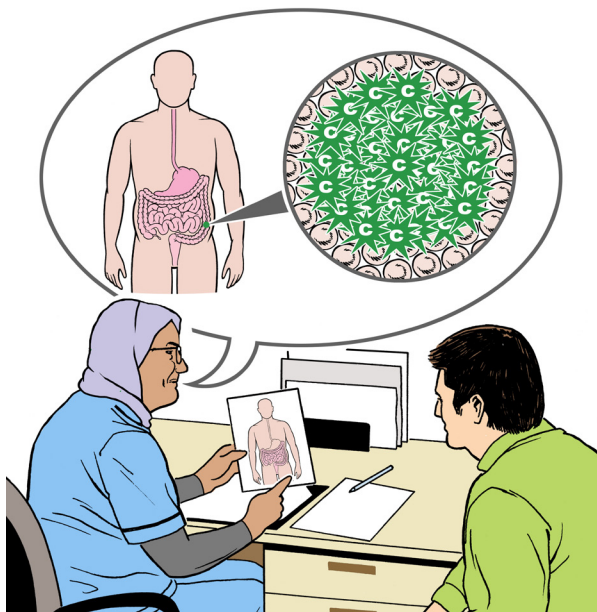
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Deciding about treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



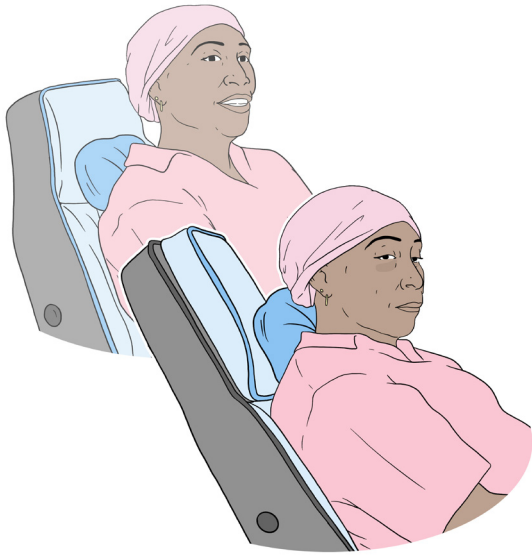
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

Living with cancer

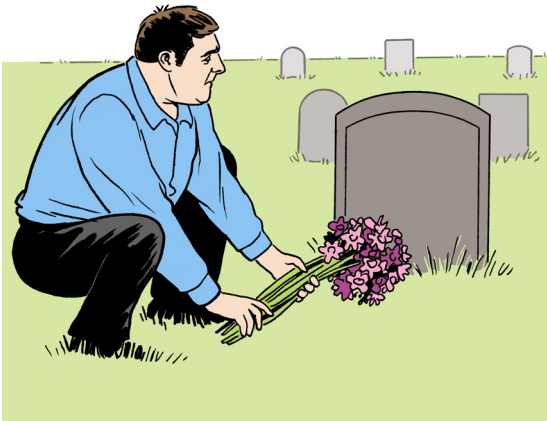
- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



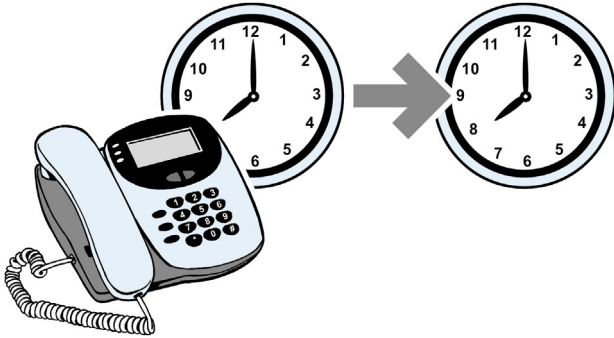
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

This booklet is about talking about cancer and your feelings.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

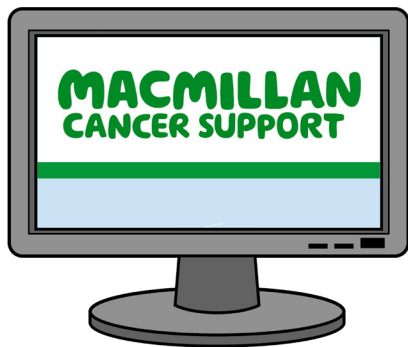
0808 808 00 00

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

18001 0808 808 00 00



- Or go to the website

macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

MAC17229_ER_E03 Produced January 2024.

Next planned review January 2027.

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Patient Information Forum



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CANCER SUPPORT**