



NEUROENDOCRINE CANCER GUIDE

OTHER HELP AVAILABLE

2023



www.neuroendocrinecancer.org.uk



If you do not feel the need, or ready to talk to a counsellor but would nevertheless welcome some support, the following resources may be useful.

HELP

SERVICE

GUIDANCE





General Self – Help Resources

Northumbria University has produced an excellent range of [self-help resources](#). (Leaflets, audio and video) for general issues such as anxiety/panic, bereavement, managing anger and sleep problems. As has the [NHS](#) – including podcasts and Apps.

[More support](#) for Black and Minority Ethnic (BME) communities living with or affected by cancer.

There is also a wide range of [resources to download here](#) on everything from bearing uncertainty, to coping with loss.

Mindfulness can be an effective way to help manage living with chronic health conditions/cancer, as well as difficult emotions. There is more about that [here](#).

If you are worried about someone or thinking of ending your own life:

Samaritans

A listening service for anyone in crisis, suicidal, or feeling very alone
Call 116 123

(CALM) Campaign Against Living Miserably – (For men)

Daily 5pm to midnight
Call 0800 58 58 58 | Visit the webchat page

Papyrus (For people under 35)

Monday to Friday 10am to 10pm and weekends 2pm to 10pm
Bank holidays 2pm to 5pm
Call 0800 068 41 41 | Text 07786 209 697

The Silver Line (For older people)

Free confidential helpline supplying information, friendship and advice.
Call 0800 4 70 80 90

SHOUT Not everyone can speak or talk. SHOUT might be good for those who feel this way and those who can't sleep.

A 24/7 UK crisis free text service available for times when people feel they need immediate support.
Text SHOUT to 85258





SmartPhone Apps

- Headspace
- Daily mindfulness techniques.
- Buddhify
- Short mindfulness exercises for help with pain, insomnia, worry etc.
- SAM
- Self-help techniques for anxiety, panic and worry – N.B. white cloud, blue background
- UNTire
- Techniques for managing energy.

For Partners & Carers

Carers UK

A national charity supplying information and support for carers (0808 808 7777).

The Carers Trust

Another charity that supports carers, including Young Carers, and an online chat forum. They also have regional groups and partners.

Relationships

Relate

Has a range of resources for common relationship problems, including managing health problems. It also has a list of trained therapists by locations.

COSRT

Supplies relationships advice and resources, and a 'find a therapist' search engine by location.

