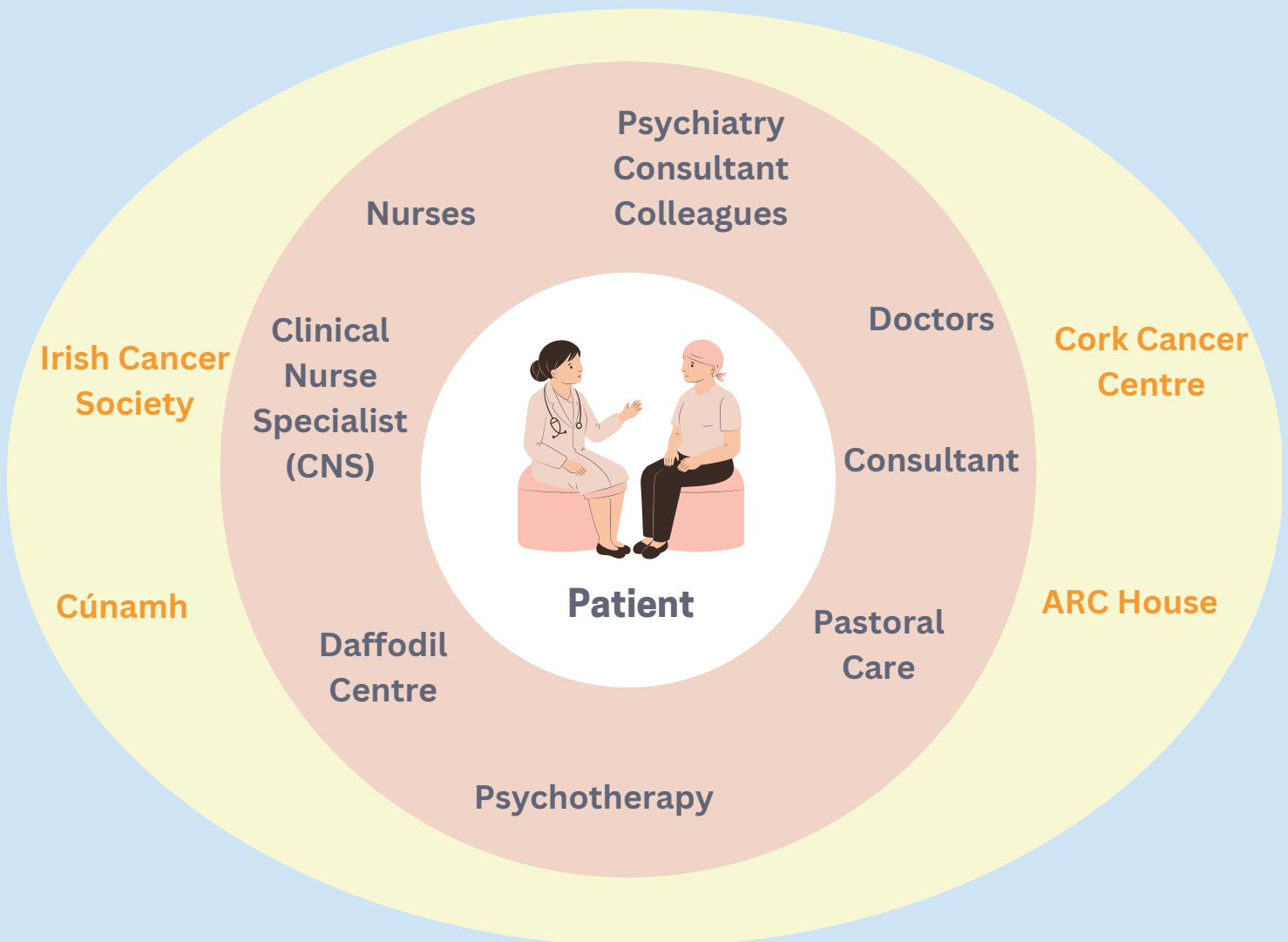




Patient Psychological Supports

Distress is a normal response when a person receives a cancer diagnosis. Everyone with cancer has some level of distress at some point in time. Distress is normal, common, and expected. Distress can range from mild to extreme levels. Some people experience more distress than others. Being distressed can make it harder to cope at times. If you are feeling distressed and struggling to cope with your cancer diagnosis and treatment, please talk to your medical oncology team/oncology nurse specialist. We can consult our psychiatry colleagues if needed. We also offer access to psychotherapy for patients at need.



The **Bon Secours Cork Pastoral Care Team** offers emotional, social and spiritual care to all patients. They initiate the relationship during diagnosis and this relationship of trust develops over time. Confidentiality is central to this relationship. They meet patients both in the day ward and during inpatient care. Listening and spending time with the patient is central to the pastoral relationship. Often anxiety is a major concern for patients and not knowing what the future holds. We also offer support to family members. At family meetings we advocate for the patient in their time of vulnerability. We liaise with the multidisciplinary team.



The Irish Cancer Society provides a vast range of supports for patients and their families. Nurses in the Daffodil Centre are available in the Bon Secours Hospital. Supports include counselling, peer support, access to lifts if you need help to get to medical appointments, and much more.

They can be reached on 021- 4941941. They also have a dedicated nurse support freephone number: 1800 200 700.

Website: <https://www.cancer.ie/cancer-information-and-support/cancer-support/find-support/local-support/daffodil-centre-bon-secours-hospital-cork>



Cork Arc Cancer Support House is a short distance from the hospital in the Wilton area, is a safe haven for people with cancer and their families, where you can find information, practical help and emotional support. Whatever stage of your cancer journey, you are not alone. If you are a cancer patient or someone close to you has cancer, they are here to offer you specialist professional support.

Tel 021-4276688 email info@corkcancersupport.ie

Website: <https://corkcancersupport.ie/>



The Cork Cancer Care Centre is a 'home away from home' where they provide vital support to all those touched by Cancer and their families. A haven and safe environment supported by their staff & volunteers and other like-minded people. They provide free psychotherapy & counselling with our professional qualified psychotherapist's.

Tel: 021-4949090 Email: info@irishousecork.ie

Website: <https://irishousecork.ie/>



Cúnamh Cancer Support group is a voluntary organisation supporting cancer patients attending the Bon Secours Hospital, Cork since 1996. Cúnamh responds to the need for support and assistance to people with cancer and those who care for them. It provides support through information days, counselling, cancer rehabilitation programmes, lymphoedema advice and support, complementary therapies, information packs, and many more.

Tel 086-4139209 Email: info@cunamh.ie

Website: <https://www.cunamh.ie/>