

# Counselling and Psychological Support

A diagnosis of a life-limiting or life-threatening illness such as cancer can be very distressing for patient, family, friends and carers.

The emotional and practical challenges ahead can be both daunting and often feel overwhelming. They can be difficult to talk about and so cause distress.

Although these feelings and anxieties are perfectly normal, there is no need for you to cope alone. Emotional and psychological support is freely available from the point of diagnosis, if and when you choose to use it.

The Hospice Counsellor and counselling volunteers will gladly offer you time to talk about your feelings and discuss any concerns you may have.

For example:

- Coming to terms with a serious illness.
- Supporting you through courses of treatment.
- Understanding the ways in which help and support is available for family members and carers.
- For children being cared for in Rebecca House, or through the Hospice at Home Service, the provision of support for siblings, parents and grandparents.
- Any other illness-related matter you wish to share.

As a parent, carer, relative, couple or family group, you can talk in confidence wherever is convenient or most comfortable for you, be it in your own home or at Hospice Isle of Man.

To contact the Counselling or Psychological Team and to make an appointment, please call

**01624 647449.**



## How to contact Hospice Isle of Man and Rebecca House

<b>By Post:</b>	Hospice Isle of Man/Rebecca House Strang Douglas Isle of Man IM4 4RP
<b>Telephone:</b>	01624 647400
<b>Email:</b>	<b>General Enquiries:</b> <a href="mailto:admin@hospice.org.im">admin@hospice.org.im</a> <b>Fundraising:</b> <a href="mailto:fundraising@hospice.org.im">fundraising@hospice.org.im</a>
<b>Website:</b>	<a href="http://www.hospice.org.im">www.hospice.org.im</a>

Hospice Isle of Man is the operating name of the Isle of Man charity Hospice Care, registered number 317.

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