

**Coping with Cancer NE** is a registered charity which offers emotional support, practical help and information to people in the North East who have cancer or who care for those with cancer.

We offer a confidential counselling service carried out by trained counsellors. Counselling can be either face to face or by talking on the telephone.

Appointments can be made either through your specialist nurse or directly by phoning the office.

Jan 2016 and annually

*For information about other ways we can help, we can be found at:*

### **Coping with Cancer NE**

The Medical Suite  
Cobalt Business Exchange  
Cobalt Parkway  
Newcastle NE28 9NZ

Tel  
**0191 280 5610**

Charity No. 513820  
[www.copingwithcancer.org.uk](http://www.copingwithcancer.org.uk)



*Mission To share experiences and strategies which help people cope with cancer*

## **Coping with Cancer NE**



## **Counselling Services**

## About The Counselling Service

We offer a free, independent and confidential service available to cancer patients, their families and carers.

The service is carried out in a supportive non-judgemental setting, with the highest standards of confidentiality. Clients are offered time and space in which to express their feelings and emotions about their illness or those of their loved ones. They will be encouraged to explore a range of coping strategies.

The service operates using British Association of Counselling and Psychotherapy standards.

## Bereavement Counselling

Loosing someone close to you can be a painful and distressing process and there are so many practical tasks to deal with at a time when you feel less able to cope.

Sometimes talking to a person who is not in your family circle can help.

Please do not hesitate to contact us if you or your family feel may benefit from some support.

You can contact the Counselling Team via the main office on  
0191 280 5610

Clients can be referred for counselling by the following healthcare professionals

- ◆ GP
- ◆ Social Worker
- ◆ Macmillan Nurse
- ◆ Consultant
- ◆ Specialist Nurse

Alternatively, you can self-refer by telephoning Coping with Cancer office in confidence on 0191 280 5610

## Venues

Counselling is available in various venues across the North East.