

Dealing with diagnosis



Dealing with a diagnosis of cancer or another life threatening condition can feel very distressing and everyone has their own way of dealing with this difficult news. This information is about some of the emotions that you may feel and gaining the support that might help you through this difficult time.

You may feel shocked and upset, anxious or fearful, angry or sad. You may have concerns and fears about how it will affect you financially, at work and within your personal life. Uncertainty about the impact of the treatment and about your particular cancer may also be worrying you. All of these feelings are very natural. There is no right way to feel about your diagnosis. Coming to terms with your diagnosis may feel confusing, frightening and overwhelming at times. Some of your feelings may last longer, or feel more or less intense at different points in time. Your changing emotions are a normal part of the process of dealing with your condition.

These emotions can feel difficult to deal with, for you and those close to you. Some people want to talk about their feelings and others may avoid talking. Some need space and time alone to process, while others will seek the company of others to help them process their feelings. Sometimes it may feel difficult to seek support from loved ones for fear of upsetting or burdening them.

Knowledge that one has cancer that is ultimately fatal is frightening. It is very reassuring to know that an organisation like WHY is there to help.

When you ask **why...** we hear you.

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we hear you

01373 455 255 wehearyou.org.uk



There is always support available to help you come to terms with your diagnosis. If you feel able to talk with those close to you, this is a good place to start.

Finding a way to share your feelings with someone you feel close to can bring relief. It might mean sharing some of your thoughts and feelings, hopes and fears and who you choose to share these with may vary. Sometimes it may feel preferable to access other sources of support such as your GP, a counsellor, cancer nurse, or a specialist cancer support service.

Life felt so scary, I didn't know what my future held. Cancer was on my mind all the time. Now I can make sense of my thoughts and think positively about my future. And I'm not alone. Thank you

For further information about WHY's free professional counselling service for people affected by cancer or a life threatening condition, or to find links to other organisations and resources, visit www.wehearyou.org.uk

We rely entirely on voluntary donations from our clients, local businesses, individuals, community groups and grant making trusts.

If you would like to support our work or find out more about the emotional support we provide please do get in touch.

Photography by Ben Everett

why...

we hear you

**Cancer
Counselling**

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