

Help and Support Options for Cancer and Sexual Health/Wellbeing Survey

To visit the websites mentioned below then click the links (in blue)

If you are feeling distressed

Samaritans

When life is difficult, Samaritans are here – day or night, 365 days a year.
You can call them for free on 116 123
Email them at jo@samaritans.org, or
Visit www.samaritans.org to find your nearest branch.

British Association for Counselling & Psychotherapy

The website can help you find a local counsellor
Website: www.bacp.co.uk
Contact Number: 01455 883300

If you have general cancer concerns

The following independent cancer charities are a source of trusted information for all:

Cancer Research UK

Nurse Helpline: 0808 800 4040

MacMillan Cancer Support

The Macmillan Support Line: 0808 808 00 00

If you have specific sexual health problems relating to

If you have general sexual health problems

Sexual Advice Association

Advice and information on male and female sexual problems

www.sda.uk.net

NHS website

This website provides information about sexual health and allows you to search for your nearest sexual health service.

Website: www.nhs.uk/livewell/sexualhealth

If you are having relationship difficulties

Relate

Provides counselling and advice on relationship and sexual problems

Website: www.relate.org.uk

If you have LGBTQ concerns

Switchboard

An LGBT+ helpline. 0800 504 612 BT/TT3 10/ p6 (a)-o (n)ergxtibp (n)-3 -4 (lt3 (e))6 (o)-

