












Managing your feelings and getting support

Everybody deals with their feelings differently. It might seem that nothing will help, but there are some things you can try that might help you feel a bit better.

-  **Talk to people.** Share how you feel with people close to you. This can help you feel supported. Or it might help to speak to someone independent.
-  **Ask for help.** Explain how your condition affects you and what help you need.
-  **Use your medical team.** They can answer your questions, address your concerns and help you access support.
-  **Connect with people who understand what you're going through.** This can help you feel less alone.
-  **Spend time with friends and family.** Fatigue and other symptoms can make this hard. Spend time with others in a way that works for you.
-  **Do things you enjoy.** Try and allow yourself to switch off. You might go for a walk, try something new or just take things easier and slower.
-  **Look after yourself.** Eating a balanced diet and staying active can help.
-  **Take things one day at a time.** You may have good days and bad days. Try and focus on the here and now, without worrying about the future.
-  **Write down your worries.** This helps them stop going around in your head.
-  **Find out more about your condition.** This can help you feel more in control and better informed when making decisions.
-  **Consider complementary therapies.** They can help you feel better.

If you need urgent mental health support call 111 and select the mental health option.



Where to get support

However you feel, we are here to support you. Our services include:



Freephone Helpline. We offer a listening ear, emotional support and practical advice.



Buddy Service, Support Groups and online support. Connect with others who understand.



Counselling service. We can help you access up to six sessions of counselling.



Welfare team. Get support with the practical things in life.



Information. Access reliable information online or in print.

Need support or information?

- Scan the QR code or visit leukaemiacare.org.uk
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email support@leukaemiacare.org.uk



Other charities who can help

Search online or contact us for more information.

- Mind, Samaritans and Shout can help support you with your mental health.
- Blood Cancer UK, MPN Voice, MDS UK and CLL Support are charities specific to blood cancers.
- Cancer Research UK, Macmillan and Maggie's offer a wide range of support for people with cancer and their loved ones.

This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice or guidance from your health professional. If you have any feedback or you'd like a list of our sources, please email information@leukaemiacare.org.uk.

