



Your feelings after a blood cancer diagnosis

Diagnosis affects everybody differently. There is no right or wrong way to feel. However you feel is OK. You will probably feel a mix of emotions.

- At first you might feel shocked or in disbelief.
- You might feel scared or worried, or angry that this is happening to you.
- Some people say they feel helpless, or like they've lost control of their life.
- You might be upset or feel grief that life doesn't look now how you expected.
- Many people worry about how things will change and how they will cope.
- You may be relieved to get a diagnosis if you had unexplained symptoms.
- You might be worried about how to tell people or how they will react, which can leave you feeling alone and lonely.

If you think you might be depressed, contact your GP or nurse specialist.
If you need urgent mental health support call 111 and select the mental health option.

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.

Coping with your feelings

Everybody copes with their feelings differently. Here are some things that might help.



Take things a day at a time. This can help you focus on the here and now, without worrying about the future.



Write down your worries. This helps them stop going around in your head.



Talk about your feelings. It can be hard to speak openly and honestly about how you feel. It can help to speak to someone independent.



Tell the important people in your life. Opening up to your loved ones can help you feel supported and understood.



Get help with the practical things. Make a list of things you might need to arrange. You could ask family or friends to help you.



Connect with other people with blood cancer. Having someone who understands and relates to your experience can help you feel seen and heard.



Look after yourself. Try and give yourself time to do things you enjoy. Spend time with friends and family. Even catching up by phone can help.



Reach out to your medical team. Make sure to ask any questions you have. You should feel included in decisions about your care.



Find out more about your condition. This can help you feel more in control.

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



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.

