



## Your feelings if you need treatment straight away

Depending on your type of blood cancer, you may need treatment straight away.

Not everyone is the same. Needing immediate treatment 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.

- You might feel like you don't have time to process what's going on. You may just be going with the motions and taking things a day at a time.
- You might be anxious or worried, especially if you hear a lot of medical terms you don't understand. Ask your team any questions you have.
- Some people tell us they feel reassured to be starting treatment.
- It's natural to feel worried about how you will cope with treatment.
- You may feel isolated, scared or lonely if you need to stay in hospital.

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. It can seem that nothing will help, but there are some things you can try that might help you feel a bit better.



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



**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.



**Ask any questions you have.** Your medical team will be used to this. There is no such thing as a silly question, so if you are unsure, just ask.



**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 less alone.



**Look after yourself.** Have things to do that you enjoy, like reading, listening to a podcast or watching a film. If you can't see friends and family in person, stay in touch by phone or video call.



**Find out more about your condition.** This can help you feel better informed and more in control when making decisions.

## Need support or information?

- Scan the QR code or visit [leukaemiacare.org.uk](https://leukaemiacare.org.uk)
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email [support@leukaemiacare.org.uk](mailto: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](mailto:information@leukaemiacare.org.uk).

