



Your feelings if you don't need treatment straight away

Finding out you have cancer but aren't starting treatment can be difficult.

It can be hard to cope with the uncertainty of active monitoring. You will probably feel a mix of emotions. There is no right or wrong way to feel. However you feel is OK.

- You might be worried about not having treatment. But there is good evidence that it's a safe approach for many slow-growing blood cancers.
- You may feel reassured that you don't need immediate treatment. It can be a relief knowing you don't have to manage hospital visits and side effects.
- You might be unsure about what to look out for, or worried about monitoring your symptoms.
- People often feel anxious before appointments.
- It can be difficult to explain that you have cancer but aren't having treatment. Telling people you trust can help you feel less alone.
- You may have been told you are 'lucky'. This can leave you feeling like your emotions aren't valid. They are.

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.

You may feel isolated, but you are not alone. We are here. 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 take time to adjust but there are things you can try that might help.



Talk to your medical team. Ask any questions you have. They will be used to this. They can tell you what to look out for and who to contact if you're worried.



Tell the important people in your life. This can help you feel supported and help them understand why you aren't having treatment.



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. You may find it can help to speak to someone independent.



Connect with other people on active monitoring. Having someone who understands your experience can help you feel seen and heard.



Look after yourself. Try to get on with your life and do things you enjoy.



Take time to process things. You can also prepare yourself physically and emotionally if you need treatment later on.



Find out more about your condition. This can help you understand active monitoring and 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.

