



When you finish treatment for blood cancer

The end of treatment can be hard to process. Now that it is here, you might not feel how you expected to. You might feel a mix of emotions, or different things at different times. There is no right or wrong way to feel.

- Not feeling how you thought you would can leave you feeling lost.
- Family and friends may be happy for you and expect you to feel like this too. It can be difficult to feel you have to be strong for them.
- You may grieve the life you had before. It can take time to adjust to how you feel and what your body can cope with. Be patient with yourself.
- You might feel anxious being away from your medical team, or scared about your cancer coming back. Your team are still there for you if you need them.
- Some people feel guilty for making it through treatment when others may not. You can be happy to have got through it but still feel a mix of emotions.
- You may feel less confident than you did before. It can take time before you feel like yourself again.

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

Life after treatment usually involves a lot of change. Adjusting to a new normal can take time. Be kind and patient with yourself. There are things that can help.



Take things a day at a time. You may have good days and bad days. Try not to expect too much of yourself. Focusing on the here and now can help.



Find ways to fill your time. Do things that work for you and how you're feeling. Whether that's spending time with others, easing back into work or focusing on hobbies.



Adjust to physical changes. Try saying kind things to yourself or placing sticky notes with positive messages around your mirror.



Use your medical team. They are still there to support you. Tell them if you are struggling to adjust or if you have any questions or concerns.



Look after yourself. Try and do things you enjoy. Eating a well-balanced diet and staying active can also help you feel better.



Connect with people who understand. Having someone who knows what it's like to finish treatment can help you feel seen and heard.



Talk about your feelings. Talking to your loved ones can help them be there for you and understand. Or you could try speaking to someone independent.

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.

