



If blood cancer comes back or does not respond

Finding out your cancer has relapsed or not responded to treatment affects everybody differently. There is no right or wrong way to feel.

- You may feel shocked or upset. Even if you expected to relapse, it can be distressing.
- You might feel 'why me?' or blame yourself. Remember that it is not your fault.
- Relapse can make you feel helpless or like you have lost control of your life again.
- It's common to feel worried about how you will cope with further treatment.
- You may worry about how your loved ones will react to facing it all again. It can be hard to tell them. But talking about it can help them be there for you.
- Even if you have not relapsed, you may struggle with the fear that it might happen. Especially if you have symptoms or an upcoming check-up.
- These worries are hard to face. Talk to your team about your fears. They can help you to have a plan.

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

Not responding to treatment or relapsing is difficult. You might have support networks or things that helped you cope the first time. Here are some other things that might help.



Take things a day at a time. Try to focus on the here and now. You may feel like the worst has happened. It can help to try and take a practical approach.



Talk about your feelings. It can be hard to speak openly about how you feel, facing it all again. Sometimes it can help to speak to someone independent.



Talk to your medical team. They can answer your questions and provide support. They can talk to you about treatment options and what to expect.



Take time to process things. Taking time can help you cope with difficult feelings. This can make it easier to start tackling things and processing your options.



Tell the important people in your life. You may not want them to have to face it again. But opening up can help them support you.



Connect with other people with blood cancer. Connecting with someone who has also relapsed might help you feel seen and heard.



Find out more about your condition. This can help you better understand your treatment options 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.

