

Help and Support Options for Cancer and Sexual Health/Wellbeing Survey

To visit the websites mentioned below then click the links (in blue)

If you are feeling distressed

Samaritans

- When life is difficult, Samaritans are here – day or night, 365 days a year.
- You can call them for free on 116 123
- Email them at jo@samaritans.org, or
- Visit www.samaritans.org to find your nearest branch.

British Association for Counselling & Psychotherapy

- The website can help you find a local counsellor
- Website: www.bacp.co.uk
- Contact Number: 01455 883300

If you have general cancer concerns

The following independent cancer charities are a source of trusted information for all:

Cancer Research UK

- Nurse Helpline: 0808 800 4040

MacMillan Cancer Support

- The Macmillan Support Line: 0808 808 00 00

If you have specific sexual health problems relating to your cancer diagnosis and treatment

Contact your:

- Registered GP
- Hospital Cancer Doctor
- Cancer Clinical Nurse Specialist

Many cancer charities have information on sexual health:

- **Cancer Research UK:** [Sex, sexuality and cancer | Cancer Research UK](#)
- **MacMillan Cancer Support:** [Sex and cancer - Macmillan Cancer Support](#)
- **Other cancer charities:** visit the websites of charities that are involved in your particular type of cancer

If you have general sexual health problems

Sexual Advice Association

- Advice and information on male and female sexual problems
- www.sda.uk.net

NHS website

- This website provides information about sexual health and allows you to search for your nearest sexual health service.
- Website: www.nhs.uk/livewell/sexualhealth

If you are having relationship difficulties

Relate

- Provides counselling and advice on relationship and sexual problems
- Website: www.relate.org.uk

If you have LGBTQ concerns

Switchboard

- An LGBT+ helpline providing support and information
- Website: Switchboard LGBT+ Helpline
- Email: chris@switchboard.lgbt
- Helpline: 0300 330 0630

If you have concerns about sexual violence and abuse

Rape Crisis

- Provides counselling and help for people who have been raped or sexually assaulted
- Websites:
 - England & Wales: Rape Crisis England & Wales
 - Scotland: <https://www.rapecrisisscotland.org.uk/>
 - Northern Ireland: <https://rapecrisisni.org.uk/>
- Helplines:
 - Rape Crisis England & Wales Tel: 0808 802 9999
 - Rape Crisis Scotland Tel: 0808 801 0302
 - Rape Crisis Northern Ireland Tel: 0800 024 6991