



Buckinghamshire Healthcare
NHS Trust



Oxford Health
NHS Foundation Trust

Living with and Beyond Cancer

Working together to improve wellbeing

A guide to psychological care for GP's and
Healthcare Professionals in Buckinghamshire

Delivered jointly by Buckinghamshire Healthcare
Trust and Oxford Health NHS Foundation Trust



To book an initial assessment now:
scan the **QR Code**

or visit www.bucks-talking-therapies.nhs.uk

or phone **01865 901 600**

or text **TALK** and your name to **07798 667169**

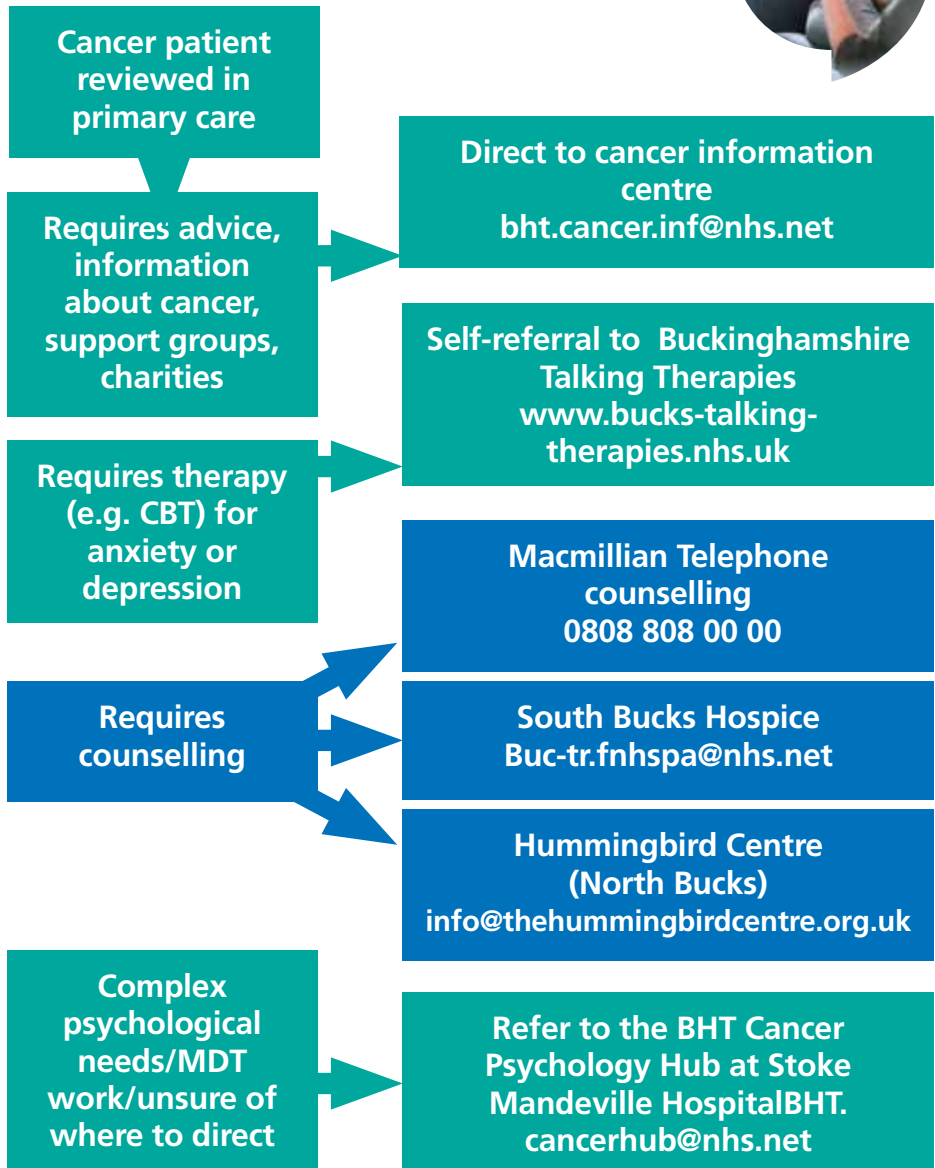


for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

www.bucks-talking-therapies.nhs.uk

Psychology Pathways for Cancer Patients in Bucks



The Cancer Psychology Hub is a space where services across Buckinghamshire providing psychology support for cancer patients at all 4 levels can work in collaboration to better signpost and coordinate the support offered. The hub is a space to discuss referrals, to facilitate stepping support across services, and to review gaps in provision and discuss opportunities for development and collaboration.

Enquiries to the hub are made via email bht.cancerhub@nhs.net.

Buckinghamshire Talking Therapies
www.bucks-talking-therapies.nhs.uk
Tel: 01865 901600

Cancer Information and Wellbeing Service
<https://www.buckshealthcare.nhs.uk/our-services/cancer-care/how-we-support-you/>
Tel: 01296 838340



www.cancercaremap.org



www.macmillan.org.uk



www.maggies.org/our-centres/maggies-oxford



www.thehummingbirdcentre.org.uk



www.sbh.org.uk

Buckinghamshire Talking Therapies now has a specific cancer pathway. We work with patients who are medically stable, under long-term surveillance or discharged from hospital care.

We work alongside clinical psychologists who have expertise in cancer. We support clients and offer evidenced based therapies such as CBT, to help them manage the emotional distress often experienced by living with and beyond cancer.

Clients can self-refer or professionals can complete a referral form via our website: www.bucks-talking-therapies.nhs.uk

Please indicate in your referral if cancer is impacting their emotional state.

Alternatively, referrals can be made via telephone: 01865 901 600 (open Monday-Friday 7am-5pm).

We hope this guide allows you to refer the majority of people to the appropriate service.

This guide is for patients who have a GP within Buckinghamshire.

If you're unsure where to refer, we encourage the use of the Hub to seek advice and guidance on cases that need consultation with an MDT.

Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Or you can visit our website:

www.bucks-talking-therapies.nhs.uk

Patient Advice and Liaison Service (PALS):

Freephone: **0800 328 7971**

Email: **pals@oxfordhealth.nhs.uk**

Oxford Health NHS Foundation Trust
Trust Headquarters, Littlemore Mental Health Centre
Sandford Road, Littlemore, Oxford, OX4 4XN



This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:
bucks-talking-therapies@oxfordhealth.nhs.uk

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:
bucks-talking-therapies@oxfordhealth.nhs.uk

আপনি এই তথ্য অনন্য ভাষায় অনুবাদ করাতে চাইলে, অনুগ্রহ করে হেলিথ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:
bucks-talking-therapies@oxfordhealth.nhs.uk

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：
bucks-talking-therapies@oxfordhealth.nhs.uk

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:
bucks-talking-therapies@oxfordhealth.nhs.uk

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:
bucks-talking-therapies@oxfordhealth.nhs.uk

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی ہیلدی مائنڈز ٹیم سے اس پر رابطہ کریں:
bucks-talking-therapies@oxfordhealth.nhs.uk