



Frimley Health  
NHS Foundation Trust

**Macmillan Cancer Information and Support Centre at  
Wexham Park Hospital - Tel: 0300 615 4886**

**E-mail: [fhft.macmillan.information@nhs.net](mailto:fhft.macmillan.information@nhs.net)**

**Macmillan Cancer Navigators at  
Frimley Park Hospital - Tel: 0300 613 3535**

**E-mail: [fhft.macmillan.cancernavigators@nhs.net](mailto:fhft.macmillan.cancernavigators@nhs.net)**

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

**(Due to COVID-19 services may change - please check with providers directly for latest information)**

## Psychological & Counselling Support Information Sheet Surrey and Hampshire

Agency	Contact Details
<b>Macmillan Cancer Support</b> Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000  <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
<b>Surrey &amp; Hampshire</b>	
<b>The Fountain Centre</b> Counselling and other therapy services for cancer patients of the Royal Surrey County hospital or patients living in the Surrey, West Sussex and Hampshire area. <b>Free and chargeable services</b>	Tel: 01483 406618  Email: <a href="mailto:rsc-tr.fountaincentre@nhs.net">rsc-tr.fountaincentre@nhs.net</a>  <a href="http://www.fountaincentre.org">www.fountaincentre.org</a>
<b>The Olive Tree Cancer Support Centre, free service</b> offering a range of emotional support services including 1-2-1 sessions with qualified practitioners as well as monthly support groups	Tel: 01293 534465  Email: <a href="mailto:office@olivetrecancersupport.org.uk">office@olivetrecancersupport.org.uk</a>  <a href="http://www.olivetrecancersupport.org.uk">www.olivetrecancersupport.org.uk</a> Based in Crawley hospital.

<p><b>Wessex Cancer Trust</b>, a team of specialist counsellors are available at each centre to help with the emotional impact of cancer. The centres also provide health and wellbeing support as well as friendship.</p> <p><b>Free Service</b></p>	<p><b>Waterside Cancer Support Centre (Hythe)</b> Tel: 023 8178 0409</p> <p><b>Chandler's Ford Cancer Support Centre</b> Tel: 023 8051 6576</p> <p><a href="http://www.wessexcancer.org.uk">www.wessexcancer.org.uk</a></p>
<p><b>Southeast Cancer Help (Purley)</b> provide individual and group support and counselling, complementary therapies and information within a friendly, caring environment.</p> <p><b>Free services</b></p>	<p>Tel: 020 8668 0974</p> <p><b>Email online form</b></p> <p><a href="http://www.sechc.org.uk">www.sechc.org.uk</a></p>
<p><b>CancerWise</b> provides space to support the mind, body, spirit and emotional health through and beyond cancer in the East Hampshire area</p> <p><b>Free services</b></p>	<p>Tel: 01243 778 516</p> <p>Email: <a href="mailto:enquiries@cancerwise.org.uk">enquiries@cancerwise.org.uk</a></p> <p><a href="http://www.cancerwise.org.uk">www.cancerwise.org.uk</a></p>
<p><b>DHC Talking Therapies</b>, self-referrals are now available online CBT with SilverCloud. Multiple locations across Dorking.</p> <p><b>Free NHS Service</b></p>	<p>Tel: 01483 906392</p> <p><a href="http://www.dhctalkingtherapies.co.uk">www.dhctalkingtherapies.co.uk</a></p>
<p><b>Mind Matters Surrey IAPT</b> (Improving Access to Psychological Therapies) is a talking therapy service for adults (18+) registered with a GP in Surrey.</p> <p><b>Free NHS Service</b></p>	<p>Tel: 0300 330 5450</p> <p>Text: 07786 202566</p> <p>Email: <a href="mailto:mindmatters.surrey@sabp.nhs.uk">mindmatters.surrey@sabp.nhs.uk</a></p> <p><a href="http://www.mindmattersnhs.co.uk">www.mindmattersnhs.co.uk</a></p>
<p><b>SAFE Haven Café's</b> Available in five town centre locations across Surrey and north east Hampshire providing out of hours help and support to people experiencing a mental health crisis or emotional distress.</p>	<p><a href="http://www.sabp.nhs.uk">www.sabp.nhs.uk</a></p>
<p><b>We Are With You (Surrey)</b> Free confidential support helping you to reach goals in a way that's right for you either online or face to face.</p>	<p>Register online form</p> <p><a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></p>

<p><b>Connect Christian Counselling Service - Camberley</b>  Counselling for over 18s, couples and family groups (under 18s included in family groups). Self referral from any area.  <b>Chargeable by donation.</b></p>	<p>Tel: 01276 24210</p> <p>Email: <a href="mailto:info@connectcounselling.org.uk">info@connectcounselling.org.uk</a>  <a href="http://www.connectcounselling.org.uk">www.connectcounselling.org.uk</a></p>
<b>National</b>	
<p><b>Samaritans</b>  Confidential support for people who are despairing or suicidal. Lines are open 24 hours a day.  <b>Free service</b></p>	<p>Tel: 116 123 (Free)  Self Help App</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>  <a href="http://www.samaritans.org">www.samaritans.org</a></p>
<p><b>UK Council for Psychotherapy</b>  National register of psychotherapists and psychotherapeutic counsellors.</p>	<p>Tel: 0207 014 9955  <a href="http://www.psychotherapy.org.uk">www.psychotherapy.org.uk</a></p>
<p><b>British Association for Counselling and Psychotherapy</b>  Association for Counsellors and Psychotherapists with searchable database of qualified counsellors.</p>	<p>Tel: 01455 883300</p> <p>Email: <a href="mailto:bacp@bacp.co.uk">bacp@bacp.co.uk</a>  <a href="http://www.bacp.co.uk">www.bacp.co.uk</a></p>
<p><b>National Counselling Society</b>  An accredited register of national counsellors.</p>	<p>Tel: 01903 200666</p> <p>Email using online form  <a href="http://www.nationalcounsellingsociety.org">www.nationalcounsellingsociety.org</a></p>
<p><b>IESO Digital Health</b>  Beat anxiety and depression with online CBT on the NHS. Chat with a therapist from home.  <b>Free NHS Service</b></p>	<p>Tel: 0800 074 5560</p> <p>Email: <a href="mailto:info@iesohealth.com">info@iesohealth.com</a>  <a href="http://www.iesohealth.com">www.iesohealth.com</a></p>

Author		Macmillan Cancer Information and Support Centre	
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**For a translation of this leaflet or for accessing this information in another format:**



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

**Wexham Park & Heatherwood Hospitals**

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

<b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey, GU16 7UJ	<b>Heatherwood Hospital</b> London Road Ascot SL5 8AA	<b>Wexham Park Hospital</b> Wexham Slough Berkshire, SL2 4HL
<b>Hospital switchboard:</b> 0300 614 5000		<b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a>

#### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.