

# MENTAL HEALTH IN CANCER

## THINK A-G



Supporting earlier & faster cancer diagnosis

### ASK ABOUT PSYCHOLOGICAL SYMPTOMS

Psychiatric diagnoses are very common in cancer patients and are highly treatable.

Be aware:

- People affected by cancer are more likely to struggle
- Patients with pre-existing conditions and cancer may need appropriate support
- Untreated mental health symptoms adversely affect morbidity and mortality in cancer care

Carry out an assessment and treat as you would normally.



A

B

C

D

E

F

G

### BE ALERT TO TRAUMA

Going through cancer treatment can retrigger previous trauma or can be traumatic in itself.



### CANCER CARE REVIEW

Cancer has an impact on every aspect of life and a Cancer Care Review provides an opportunity to normalise and validate patient's feelings. It is helpful at any point in the cancer pathway.



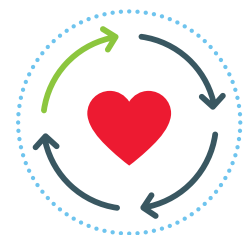
### DAILY LIVING

Assess the impact of physical and psychological symptoms on day-to-day living. Treat or intervene when symptoms are having a significant impact.



### END OF TREATMENT

This is a difficult time for most patients as they try to process what has just happened to them.



### FEAR OF RECURRENCE

Most people will experience anxiety about recurrence, but some will need more support with constant checking and hypervigilance. Support patients to clarify how and when they need to check for symptoms.



### GREATER MANCHESTER REFERRAL

Know what resources are available in your locality to signpost to for support.