

## Question checklist for emotional support

---

Asking your health professionals questions can help you find the right support. You may want to include some of the questions below in your own list.

---

### Questions for your doctors

- Where can I get help for how I am feeling?
  - How do I know if what I am feeling is a typical reaction? When should I think about getting some professional support?
  - What are common emotional challenges with this type of cancer?
  - Will a multidisciplinary team (MDT) be involved in my care? Does the MDT include a psychologist and/or social worker?
  - How can I see a social worker at my treatment hospital?
  - How can I find a professional counsellor or psychologist?
  - Should I see a psychiatrist?
  - Could I join any clinical trials or research studies about managing the emotional impact of cancer?
  - How can I connect with other people affected by cancer?
  - Which complementary therapies might help me?
  - Who can I talk to about my finances, legal matters and other practical concerns?
  - Where can I get more information about the cancer, tests and treatment?
  - Who can support my family or carers?
  - After treatment, how do I manage fear of the cancer coming back?
  - Who can I talk to if I feel worried or depressed after treatment?
- 

### Questions for your psychologist, counsellor or other mental health professional

- What are your qualifications and training?
  - How much experience do you have supporting people affected by cancer?
  - What type of therapy do you recommend for me?
  - How long will the therapy last?
  - What will the sessions cost? Can the cost be reduced if I can't afford it?
  - Who can I call after hours if I need immediate emotional support?
  - Should I consider medicines to support my emotional health?
  - Are there any apps, podcasts or online programs that might be helpful?
- 

### My questions

---

---

---

---

---

---

---

---