

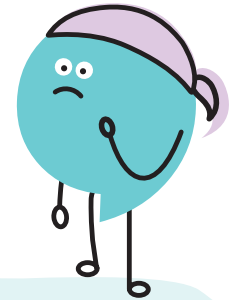
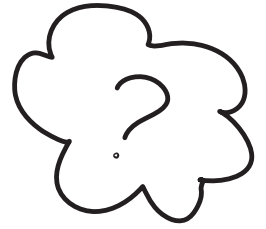
Have you been impacted by a cancer diagnosis?



Norfolk and Waveney Talking Therapies offers a whole range of services and activities. We support individuals to find out what is best for them to improve their wellbeing and quality of life. These services include:

- One to one support
- Self-help advice
- Services for young people (16+)
- Workshops and group sessions
- Relationship counselling for couples, individuals, or families
- Help to access peer support, employment support and social groups

We can help you explore how cancer may affect your wellbeing and discuss tools and strategies to help manage periods of depression, anxiety or stress.



How can I get support from the Norfolk and Waveney talking Therapies?

There are a number of ways you can access our service:

- Self-referral via our website nandwtalkingtherapies.org.uk or by calling us on **0300 123 1503**
- Ask your GP or healthprofessional to refer you into the service



Scan the QR code

My Cancer diagnosis and me workshop

This session is suitable for all who want to know more about their emotional wellbeing and the impact of a cancer diagnosis.

This patient experience informed workshop aims to provide support and information for anyone who has recently been diagnosed with cancer.

We will discuss the impact a cancer diagnosis can have on your wellbeing and introduce some techniques to help manage them. Various support options available to you will be discussed within the workshop.

Workshops run on a regular basis and can be accessed via the QR code opposite, by phone or our website:

0300 123 1503 **nandwtalkingtherapies.org.uk**



Scan the QR code



for anxiety and depression