

Question checklist for emotions and cancer

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?
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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?
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My questions
