

One in three people are diagnosed with cancer during their lives. Shock, grief and fear are just some of the feelings they and their families must deal with. Such emotions are too painful to carry alone and specialist cancer counselling is one of the most helpful ways of finding help to carry the pain.

Cancer counselling can provide:

- Nine sessions of telephone counselling
- Face to face counselling available in London
- Crisis call support for those with a new diagnosis
- Signposting to other resources such as Cancer Backup, Breast Cancer Care, Macmillan Nursing and hospices
- Formal and informal referral dovetailed with HR procedures
- Management support for managers and teams
- Experienced specialist counsellors
- Bereavement counselling
- Outreach and consultancy work with medical professionals, voluntary and support groups.



To get help call the CiC Adviceline

You can call any time night or day
365 days a year.

Service supplied by:

CiC
23 Kensington Square,
London, W8 5HN

www.cic-eap.co.uk

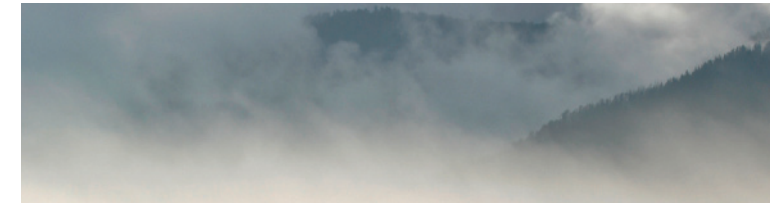
A limited company registered in England
No. 02271807

CCT
2 Wakley Street,
London, EC1V 7LT

www.cancercounselling.org.uk

Registered Charity No. 1080759

Cancer Counselling



Support for families
touched by cancer





Getting help is simple: just call the helpline. The CiC counsellor will put you in direct touch with CCT to organise the detailed support you may need, in addition to assessing what other help we can provide.

The Cancer Counselling Trust, like CiC, holds all contact in strictest confidence. The counsellors will not give you advice or tell you what is right for you, but can help you try out new ways of looking at things and approaching problems. This service is provided as part of your employer's support for you and your family – it will not cost you anything.

Counselling sessions are held by telephone, but if you prefer can be face to face within the London area. Appointments are available between 9 am and 7 pm on weekdays.



Talking to a counsellor experienced in cancer issues can ease the sense of isolation you may feel, and help you to find ways to face the challenges ahead. It is an opportunity to take some time and space in a confidential setting to talk about anything which is causing you distress.

Diana Moran, TV presenter, health writer and a CCT service user, has experienced the stressful after-effects of cancer diagnosis and treatment.

“The Cancer Counselling Trust provides an invaluable service because it is staffed by professionals who are familiar with the special stress that a cancer diagnosis can bring, not only to the patient but also to all those who care about them”.



CiC is your Employee Assistance Provider. We are working in partnership with the UK's leading cancer care charity, The Cancer Counselling Trust, to offer this specialised support to employees and their families.

CiC works to support staff at all times, never more so than when cancer touches a family. Our partner CCT provides specialist counselling to help them cope with the difficult issues triggered by this situation. We complement the work of health professionals who recommend CCT as a proven and expert cancer counselling service.

All CiC therapists and counsellors are registered with the UKCP or BACP and subscribe to the BACP Ethical Framework of Good Practice in Counselling and Psychotherapy.

CCT's medical advisory group includes Professor Karol Sikora, an acknowledged authority on the management of cancer, as well as a number of other leading oncologists and psychotherapists.