



Testicular and Penile Cancer Telephone Counselling Service

For men affected by testicular and
penile cancer

A diagnosis of cancer can be a frightening experience and you may feel quite isolated with a mix of emotions. Once diagnosed, treatment follows on swiftly and this can leave you in a state of shock while also feeling very vulnerable. At Orchid, we want to support you in every way we can. A recent addition to our range of support services is the Testicular and Penile Cancer Telephone Counselling Service for men who are looking for support to deal with the emotional challenges of a diagnosis and treatment. It is a service designed for you with input from specialists who understand the effects of cancer and the impact that it can have on your life.

How can counselling help?

Discovering that you have cancer often comes out of the blue and your initial reaction to the diagnosis may well be one of shock and then apprehension about the consequences of having cancer. It isn't always easy to confide in family and friends about how you feel and this is where it can be really helpful to be able to talk freely and in confidence to one of our Counsellors about what has happened and how it has affected you. Please read this leaflet and if you think counselling may be of benefit to you contact the Orchid National Male Cancer Helpline 0808 802 0010 (Monday/Wednesday/Friday between 09.30-5 pm). Alternatively please email nurse@orchid-cancer.org.uk

As well as having to deal with your own feelings and fears, you may also find that having had a cancer diagnosis and treatment impacts on your relationships in unexpected ways, adding stress when you feel least able to cope with it. Whether at the point of diagnosis, after treatment or because of recurring disease, being able to explore your concerns with someone who understands how challenging a cancer diagnosis can be, will allow you to discover your best way to adjust to and manage what has happened to you. The team of Counsellors to whom we will refer you are all skilled specialist therapists with many years of experience in working with cancer issues.

Practicalities

After an initial confidential discussion with one of the Orchid Male Cancer Information Nurses, and if you both feel that counselling will be of benefit, you will be referred to a Counsellor. However, if, after talking to the Orchid Male Cancer Information Nurse or the Co-ordinator, you both decide that counselling is not the right solution for you at the moment, we will do our best to refer you to another, more appropriate service. We are here to support you however we can.



Telephone counselling for testicular and penile cancer is a unique approach to help support men. Over time we want to be able to identify specific issues which men with these cancers face and create a more bespoke service. To help us with this you will be asked to complete a questionnaire at the end of your counselling. Any comments or suggestions you would like to share anonymously outside of the study will be welcomed by the team.

The Counsellor will be given your contact number and call you for your session each week.

It is important that you can be in a quiet private place to make this call and that you will not be disturbed during your future sessions. Once you have begun counselling, you can contact the Counsellor if you have any queries, for example needing to change the time of your session.

The Sessions

You will initially be offered six free sessions. In our experience, counselling is most effective if it takes place once a week at a regular time. However, we understand that if you are having treatment, hospital appointments may, on occasion, take precedence, and your Counsellor will understand this. If after these sessions you and your counsellor feel that more will be beneficial we will try to offer you two subsequent sessions. You may find that you only need a few counselling sessions and you can change your mind at any stage and stop the sessions.

Information sharing

In order to be compliant with UK data protection regulations you will be asked for your consent to share your personal information between the Counsellor and Orchid Male Cancer Information Nurse Specialist. We do not share your personal information outside of this and all information will be securely stored. No information will be recorded on our charity database unless you specifically want to be kept up to date with service developments. Further information about Orchid's Privacy Policy can be found on our website.

The National Male Cancer Helpline

Taking part in the Cancer Telephone Counselling Service does not, of course, preclude you from contacting our free phone Male Cancer Helpline or Male Cancer Information Nurses. The Nurses are always here to help you with information and support.



About Orchid

Orchid is the UK's leading charity working in the area of male specific cancers. The charity provides support to people affected by or interested in these cancers through funding a world-class research programme, awareness and education campaigns and a range of vital support services.



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