The Children & Young People's Cancer Association

# What happens next?

Information and support for teenagers on follow-up care and re-adjusting to life when cancer treatment finishes

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**Progress.**
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## About this guide

This booklet has been written for teenagers who have finished treatment for cancer. We hope it will help answer some of your questions about adjusting to everyday life again.

CCLG
The Children & Young People's Cancer Association

With thanks to Helen Woodman (Advanced Nurse Practitioner — Late effects), and Emma Shirvington (Health & Wellbeing Coordinator — Late effects), Birmingham Children's Hospital, who reviewed this booklet on behalf of the CCLG Late Effects Special Interest Group in conjunction with the CCLG Information Advisory Group comprising parents, carers, survivors and multiprofessional experts in the field of children and young people's cancer.

We are grateful to all those who helped make this booklet. The quotes in this publication are personal views and do not necessarily represent the view of CCLG. We make every effort to ensure that information provided is accurate and up-to-date at time of printing. We do not accept responsibility for information provided by third parties, including those referred to or signposted to in this publication. Information in this publication should be used to supplement appropriate professional or other advice specific to your circumstances.

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Trusted Information Creator
*Patient Information Forum*

# Contents

> “Finishing treatment is all about rediscovery — your life may not be what you once envisioned, but you can find a new path.”
>
> *Chloe, diagnosed aged 15*

# What happens now?

It’s finally happened; you have finished treatment! After months or even years of tests, treatment, side effects, surgery, scans and hospitals, you will likely feel happy and relieved that you are now out on the other side. But you might feel unsettled or lost too. This may not be what you were expecting and it can be frustrating when people think you should be ‘back to normal’.

> “It’s a lot to deal with and life doesn’t go back to ‘normal’. Every step of this journey has been a change to adjust to, and ending treatment is just another step in this process.”
>
> *Mila, diagnosed aged 19*

Finishing treatment is a proud moment and, you might want to celebrate this great achievement with a party or much needed relaxation. It’s completely your choice what you feel like doing to mark the end of treatment.

> “Being a young person is hard at the best of times! You’ll be facing changes to your body, be nagged to do housework, and have a never-ending pile of homework. To get through that is impressive, let alone having had cancer as well, so getting through your treatment is even more of an achievement.”
>
> *Moby, diagnosed aged 21*

Many people are surprised by the mix of different emotions that they experience after finishing treatment, and this is completely normal. There is no right or wrong way to feel and every person is different.

Having cancer is life-changing so, it will take time to process what has happened. You may feel tired for a few months or longer, as your mind and body adjust. It is best to take things slowly and not make any big decisions straight away.

It is good to be realistic about how life may have changed. Think about setting small and achievable goals rather than high expectations, which may be difficult to achieve at first. Being prepared for this can help you to re-adjust more easily.

**Many young people say they feel lots of different emotions when treatment has finished:**

- Happy
- Sad
- Relieved
- Isolated
- Positive
- Angry
- Excited
- Anxious

> “There are some lasting effects, but I’ve learnt to live with them by understanding my limits, accepting what I can and can’t do. I do push myself too far sometimes, and yes, there are many times I fall, but I will not let cancer beat me.”
>
> *Starr, diagnosed aged 12*

# Common questions

You may find you have lots of questions about your experience and what the future may hold. Although your contact with the hospital and regular appointments will change, your medical team will continue to answer your queries and provide follow-up care.

## When can I stop worrying about infections?

Your blood count should be back to normal within a month. If you have a central line or port access you must continue to be vigilant and contact your hospital team if you have a fever. If you have had chemotherapy you will need to continue to take Co-trimoxizole (Septrin®) to prevent infection for a few months until your team advise that you don't need it any more. During the first six months, you will need to tell your parents, another family member or let your hospital nurse know if you come into contact with anyone who has measles or chicken pox. Depending on the treatment you have had, it may take a bit longer for your body to be able to fight infections normally again. It is important to continue with good personal and hand hygiene.

## When will my hair grow back?

Your hair will begin to grow after chemotherapy has ended. It can take a while and it may grow back in a different colour, thickness, or be curlier or straighter than it used to be. For a small number of patients who have had radiotherapy treatment to their head, hair may not thicken up or regrow in certain areas. Help and support is available so do talk to your team if you have any questions.

## When can I have my line out?

This happens as soon as possible after your treatment has finished and any scans or tests are completed. You will need a small operation with a general anaesthetic to remove it.

## When can I go swimming?

Once your central line or port has been removed and the wound is healed (which usually takes around two weeks), then you may be able to swim. This is best checked with your doctor or nurse.

## What do I do if I feel unwell?

Tell your parents or another family member if you feel unwell. If you have a high temperature and still have a central line, then you will need to go to the hospital. If six months have passed since finishing treatment and your blood counts are fully back to normal, you can see your GP first, who can decide if you need to go back to the hospital.

## When will my weight go back to normal?

Your sense of taste and appetite should return to normal, although this might not happen if you had radiotherapy to your head and neck. Being able to eat properly again will help you get back to your usual weight. If you have put on weight, particularly from taking steroids, then look at what and how often you are eating to see if you can make any positive changes such as eating smaller portions, fewer snacks and less sugar. You can ask your doctor or nurse for help with managing your diet and weight safely. Being more active can also help with weight loss.

## Will I still have to take any medication?

Many patients do not need medications once treatment finishes. You may have to continue with some medication, such as Co-trimoxizole (Septrin®), until your blood counts have recovered. After a bone marrow or stem cell transplant, a lot of medicines are needed to begin with but this reduces over time. You may have to take medications for life, but your doctor or nurse will explain this to you. This is usually to replace hormones that your body needs to function properly. You may need to carry a medical alert card or bracelet if you have to take certain long-term medications. Some patients need to see the dietitian for support.

## Do I need more immunisations?

You usually need to have repeat immunisations after chemotherapy and stem cell transplants. Usually these are given by your GP. Your doctor or nurse will explain more about this to you and your family.

## How are bloods taken after my line is out?

You will not need many blood tests now but some will still be important. If you don't have a line then you will either have a thumb prick or a needle.

## Why have I been given an irradiated blood card?

Depending on the type of cancer and the treatment you had, you may need to carry an irradiated blood card. This card indicates that, if you ever need blood, you will need irradiated blood to prevent complications. If you are unsure whether you should have this card, speak to your nurse.

## What should I look out for or worry about?

Young people who have had cancer treatment still get coughs, colds, aches and pains like everyone else. It is hard not to worry about becoming ill again, but try to remember that it is far more likely to be a common virus than anything serious. But if you are still worried, tell your parents, another family member or your GP.

## Why do I feel so tired?

You may feel tired for quite a while because your body's strength and energy levels need to recover. It can take some time to build up your stamina again, however you can help give your body a boost by eating a balanced diet and staying active.

## What can I do to stop getting cancer again?

Cancer can happen to anyone and there is no obvious reason why you developed cancer before. However, we do know that how we choose to live our lives can help lessen the risk of serious illnesses such as diabetes, heart disease and cancer. There are some things that you can do to help stay healthy (see page 22).

> "I think there's a common misconception that once you finish treatment, that's it. I think a lot of people don't realise that's when the hard work happens. When mentally it can be really tough, because it's when you start to reflect on what's happened."
>
> *Ross, diagnosed aged 16*

# About clinic appointments

## Why do I have to come to clinic?

It is understandable to feel like you just want to forget it all and move on with life. However, we know that sometimes cancer and its treatment can cause long-term problems later in life, which is why it is important to be aware of any changes in your body and still come to clinic to be checked.

**It is really important to attend follow-up clinic appointments.**

At first, the visits and scans are to check there are no signs of cancer coming back and that you are growing and developing as expected.

As time passes, the focus changes and will become more about managing any long term problems called ‘late effects’, and giving you lots of advice about looking after your own health.

Your late effects follow-up team may also include other specialists such as physiotherapists, psychologists, support workers and counsellors. Coming to clinic gives you the chance to talk about any questions, worries or concerns you may have since finishing treatment. Talk to your team to find out about risks you may have, and what your care plan will look like.

**Remember:** no question is silly or embarrassing so ask whatever you like – your team will have heard it all before!

### Late effects

A late effect (or long-term side effect) is any health-related problem that happens months or even years after finishing treatment. It can be as a result of the cancer itself or its treatment. Late effects can be physical, affecting any organ or body system, such as lungs, heart or hearing, or they can be emotional. Your team will talk to you about which late effects may be relevant to you.

The risk of a late effect occuring is different for everyone and depends on the type of cancer you had, your age when you were treated and the

treatment you received. For more information visit:
www.cclg.org.uk/living-beyond-cancer

### How often do I come to clinic?

When you first finish treatment, you will need to come frequently. As time goes by you won't have to visit as often until you are seen only once a year.

### What happens during the appointment?

You will be weighed and measured at each visit to check that you are growing as expected. You may also need an X-ray, blood test, or occasionally a heart scan or lung function test.

You may be seen by the same doctors or nurses you saw during treatment, or you may be seen by a specialist late effects team.

### How long will I keep coming back to clinic?

This will depend on the treatment you had and what your risk is of developing late effects, but most people are seen for many years after finishing treatment. Your clinic team will plan with you how long your follow-up care needs to be hospital based and when you can have support from your GP alone.

## Moving to adult care (16-18 years old)

Your follow-up care will gradually transfer from your children's team or teenage cancer unit to adult services. This may mean being reviewed by a different team at another hospital. The process of preparing, planning and moving is called 'transition' and happens over many months around the ages of 16-18 years old if you have finished treatment. The discussions about the transition process can start as early as 13 years old if you had cancer as a child and have been in long-term follow up for more than five years.

Although this change can feel strange and even a bit scary, you will be fully supported by your doctors and nurses and you will be able to ask lots of questions. It also means that you can start to manage your own health care as you become older and become more confident at knowing how to talk to medical staff about how you feel and any issues that you may have. The whole team as well as yourself and your family will work together to make the change happen as smoothly as possible.

# Changing relationships

## With family

When you were going through treatment, you will have had your parents, brothers or sisters, grandparents, and other family members worrying about you and maybe giving you more attention than before you were diagnosed. Sometimes, this might have been too much but, at other times, it was good to have others around you.

You might find that things have now changed as family life is expected to 'get back to normal' with school routines and going back to work. This can make you feel a little lost or you may miss the extra attention. However, as time passes, you will re-adjust and gain more independence again.

Lots of parents find it hard to stop worrying about you when treatment is over. You know that you feel OK, whereas they don't. You might feel that they are being overprotective but it's natural for parents to feel this way. Talking to your family about how this is making you feel, and listening to their worries too, can help you to support each other.

## With brothers and sisters

When you were having treatment, life probably changed a lot for your brothers and sisters too. They may have felt left out, upset, lonely, scared, and even jealous of the extra attention given to you. They may worry about your health or be worried that they did something to cause your cancer. You might find that your relationship has changed a little bit, or your experience might have brought you closer together. Spending time with each other by playing, walking to school or just watching a film at home can help things feel more normal again, even if you do start fighting with each other!

## With friends

Having friends as your support network can make all the difference to how you feel. But you might feel as though you have missed out on a lot too.

Missing lots of school and feeling tired can make fitting back in with your friends more difficult. It can also be hard to feel confident around others if you feel self-conscious about your appearance.

Friends can seem to avoid you or say insensitive things but this is usually because they feel awkward and don't know what to say to you. You might think that they just don't understand what you have been through and this can be upsetting. Asking them to still treat you the same as before can help.

Talking honestly about your cancer is the best way of overcoming any uneasiness as well as letting your friends know how they can help you. You might get asked a lot of questions so it can be a good idea to think up some answers to common ones.

Through your teenage years and beyond, you are discovering yourself and your own identity. Having cancer may affect how you feel about yourself, such as your own sexuality or gender. These feelings are valid but can sometimes become overwhelming and make you feel isolated. It is important to talk to someone you trust if you are struggling.

Many young people say that they feel 'different' from their friends when they have been through cancer treatment. Your outlook on life may have changed so that friends can seem to become childish or annoying for worrying about trivial things. Your change in perspective can make you feel out of step with everyone else and this can be frustrating, but try not to let this get you down or blame your friends. In time, you will adjust. It helps to remind yourself of the important life skills you now have from your experience, such as strength and maturity.

> "I'm sure lots of young people can relate to this very strange time after finishing treatment — not knowing what to do next, how to feel, or who you are. A lot of my friends had moved on and I felt as though I'd been stuck in time and now I was unfrozen."
>
> *Kiya, diagnosed aged 15*

**You can't control how people behave or what they say to you, but you can control how you let them affect you. Here are some things you can say to your friends:**

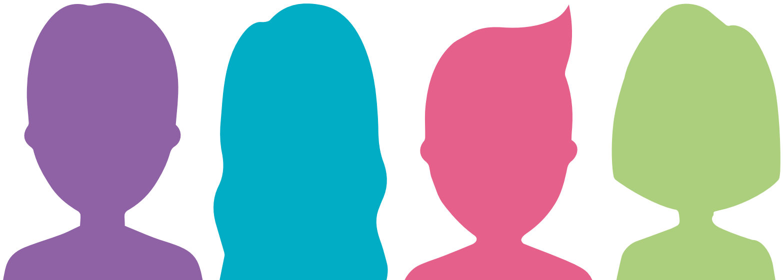
"I was unwell. I'm getting better but I'm still not back to how I was"

"Please still invite me to parties or to go out. If I'm not well enough to come, I'll let you know"

"Sometimes, my treatment makes me tired. If I seem a bit grumpy, it isn't anything to do with you"

"I know I look different, but I'm still the same me"

"If I'm tired, can you carry my bag and wait for me after lessons so I can walk slowly with someone?"



# School or college

Whether or not you have been able to go to school or college during your treatment, you might feel excited and nervous about going back now that treatment has finished. You might be looking forward to getting back into a routine and being with all your friends. Or you may be feeling worried. This is completely normal and understandable but teachers and other staff can help make going back a bit easier.

## Before going back

With permission, your keyworker or nurse will usually have contacted your school or college to talk about how to support you and take away as much stress for you as possible.

You may have been able to keep up with your learning through a hospital school, home tutor or studying online. Meeting your teachers with your parents and keyworker is a perfect chance to talk about any worries you may have and to let them know how your treatment and experience has affected you and your learning.

**Things to talk about could include:**

- A teacher or someone from the hospital talking to your class year about your illness, so people know why you look/feel different
- Making them aware if you will be wearing a hat, scarf or wig
- Any activities you cannot take part in at first such as PE
- If it's hard to move around or you are using a wheelchair, can classes be moved around so that you can get to them more easily
- Part-time attendance and staggered return if you become tired easily or find a full day too much
- Having a member of the school or college team (non-academic or pastoral) who you can regularly talk to about how things are going

## Things you might be worried about at school or college

### Falling behind with work

If you have missed lots of school or college during treatment, you may feel worried that you have fallen behind. Your keyworker will have encouraged your teachers to coordinate with your hospital school or home tutor to help keep up with what your class is learning in school.

If you still think that you have missed a lot of work, then talk to your teachers with your parents to help get you back on track. You could do extra reading or study online, or you could carry on with extra tutoring at home or at school. Remember that when you work with a tutor on a one-to-one basis you will achieve much more in less time than it would take in a classroom, so you may even be ahead in some subjects.

If you are worried about missing school because of appointments, try to tell your teacher in advance so that they can plan and give you work to catch up.

There may be reasonable adjustments that can be made to help you back into life at school or college. These could include a reduced timetable, extra time for exams or assignments, using a laptop, rest time in PE, or taking exams in a separate room. Think about whether any of these things would be helpful and discuss them with your teacher or SENCO.

### Looking different

You may still have visible signs of having had cancer and treatment, and these can feel like a really big deal as you don’t want people to stare or talk about you. A few people may say something when they first see you but in time, they won’t bother as they will become used to you being back.

### Difficulty in moving around school

Feeling tired or having weak muscles from certain chemo drugs can mean you are not able to move around as quickly as before. If you are using a wheelchair then steps may be a problem, but your keyworker will talk to your school about using ramps to help or having lessons on the ground floor.

### Being with school friends again

Before you go back, it may be a good idea to meet up with close friends so that you can catch up and get used to being in their company again.

Treatment can be lonely and isolating, so it can take a bit of time to adjust to being in a noisy crowd of young people again.

Friendship groups can naturally change a lot at school and you may find that groups are a bit different to how they were before. This might make you feel unsettled or not really sure where you fit in, but these feelings will pass in time as you become used to everyone in the class again.

**Don't forget,** your school or college wants you to do well – if there is anything you think they can do better to help and support you then talk to your teachers so that they can do something about it. You or your family can also talk to your keyworker for further advice and help.

> "I repeated the school year and it helped a lot so I was prepared for my GCSEs. I know not everyone would feel comfortable joining a new school year but it could be a good option."
>
> *Ellie, diagnosed aged 14*

**Things to try:**

- Sit at the front to see and hear better
- Find a quiet space to sit and rest
- Leave the classroom five minutes early to avoid the 'corridor crush'
- Have a pass for toilet breaks/lunch/water
- Ask for work to be broken down into simpler chunks or visual diagrams to help learning when feeling tired
- Get support if you experience bullying
- Allow extra time to walk between classes
- Drink water regularly to keep hydrated

# Your feelings

You may find that thoughts and worries are always on your mind and you can't seem to focus on anything else. They can keep you awake at night and can stop you from enjoying life fully.

## Things you might be worried about:

### "I'm worried that the cancer will come back"

You are not alone. This is a big worry for all patients who have finished treatment, and uncertainty can be hard to cope with. Feeling unwell in any way can make you worry even more. This is understandable, and if you are worried then it can help to talk to a counsellor or psychologist at the hospital. Your team can refer you for help and support. The chances of cancer coming back become less and less as more time passes. It is important that you attend follow-up, scan and test appointments so that you can continue to be monitored.

### "I'm left with side effects of having cancer"

Sometimes cancer, or its treatment, causes damage that the body just cannot repair. These can be physical changes such as how you look, behave or move, or they can be emotional side effects such as anxiety and fear. These can affect your confidence and how you feel about yourself. It is really hard to deal with changes that are out of your control, and it is OK to have days when you feel sad or angry. It is important that you explain how you feel at your follow-up appointments so your team can find the best support to help you to manage the side effects.

## “I feel guilty”

It is common to not only feel relief at being cancer-free but sometimes to feel guilt too. You might feel guilty because you survived when maybe your friends or other patients who had cancer didn’t. Remember, cancers are different in each person. Cancer affects the whole family, and you may feel guilty about how it has affected your family. It is important to remind yourself that it is not your fault. These feelings can be very isolating but are completely normal and understandable. Talking about how you feel with someone who will listen without judging, like a friend or counsellor, can help you to work through how you feel. If you are feeling overwhelmed, ask for help from your team or GP.

## “I’m scared about coming back to hospital”

Attending hospital appointments can be hard as you may feel anxious about having more tests and scans, and feel worried about what the doctors might find. This is normal for all patients and their families, but it is reassuring to know that any issues will be picked up early. Being back in hospital again can bring back many memories, and it can be hard seeing other young people who are still having treatment. However, you might feel happy to see familiar faces and friends again and they will be delighted to hear all your news since finishing treatment.

> ”I’ve always found it helps me to talk about my cancer experience. I find it cathartic, and it helps to alleviate some of the pressure I feel from time to time. It clears my mind, and it’s important so that people know how I am feeling and I can get help and support.”
>
> *Teus, diagnosed aged 24*

## How to cope with difficult feelings

Sometimes, the full impact of having had cancer can hit a few weeks, months or years later. This can happen at any time in your life and many survivors have experienced this, especially at times of stress such as taking exams, changing schools or starting university or work.

Don't struggle on your own. Everyone has difficult days. If you find that your feelings are becoming stronger, you feel more anxious or you are struggling to cope with each day, then it might help to talk to someone who can support you better such as your hospital psychology team, GP, or a counsellor. It is important to talk to someone you trust, and your follow-up nurse, so that they know how you feel and can help you.

Distracting yourself with other activities can help with feelings of anxiety. You might also find the following tips helpful:

### Be careful of what you read and see online

It can be tempting to read about cancer all the time. Try to avoid comparing yourself to others and obsessing over details as this can cause feelings of anxiety. There is lots of misinformation online, so it is important to check that websites you are using are trustworthy. Things to look out for are the PIF Trusted Information Creator mark, whether a website is UK-based, and well-known organisations such as NHS, CRUK and Macmillan. When watching TV you may find yourself noticing cancer stories more often. If this upsets you, speak to your family to let them know and perhaps change the channel.

### Be active

This can be as little as going for a short walk down the road. Research shows that doing exercise and being outside in the fresh air can help lift mood and release any tension or nervous energy that you might be holding in the muscles of your body.

### Be with your friends

This can help to keep your mind occupied by doing the fun things you normally do with them such as gaming, playing football or having a sleepover.

## Finding others who feel the same

Sometimes, the only people who understand how you feel are those who have also faced cancer. You may have made friends on the ward, online or through groups and organisations such as holiday camps, and it can be helpful to talk to others who might share the same worries.

## Accept how you feel and be kind to yourself

It's easier to hide behind a happy front or say 'I'm fine'. But you can feel overwhelmed and stressed by trying to hide how you really feel.

## Write down how you feel

Sometimes you may not want to share how you feel with anyone else and this is OK. Writing down your thoughts and feelings in a notebook or diary can help break them down so that they become more manageable and less scary.

## Talk to others about how you feel

This can help stop negative thoughts building up in your head. A different perspective can help you to look at things differently. Talking to someone who you trust such as your parents, other family members, friends or teachers can be a good way of processing your thoughts and making you feel a bit better.

**Counselling and psychological therapy can give you techniques and strategies to manage strong feelings, control how you respond to others and situations, and help you to process negative thoughts that might be overwhelming you.**

Tip: You can ask for your parent or carer not to be in the room when you talk about your thoughts, feelings and more intimate issues.

# Staying healthy

Once you feel well enough, you can start making positive changes to increase your energy levels and build up your strength. Making healthy lifestyle choices is very important for people who have survived cancer. We know that treatment given for cancer can sometimes affect your health later in life.

The tips below give you information on what can help lessen these effects and help you to stay as fit and healthy as possible.

- ✓ **Eat a well-balanced diet**. Fresh is best. Avoid too many processed foods. Cut back on sugary drinks and high-fat snacks to help keep your body and mind healthy.
- ✓ **Drink plenty of water** to stay hydrated.
- ✓ **Keep a healthy weight** to help you stay strong with good energy levels both now and in the future.
- ✓ **Keep active** to help maintain a healthy weight and to protect bones and joints. Going for a walk or cycling are good ways to start. Try setting small goals to help you get motivated.
- ✓ **Stay safe in the sun.** Use at least SPF 30 sunscreen with at least a 4 star UVA rating. Never use sunbeds.
- ✓ **Look after your teeth.** Brush twice a day, floss between teeth and visit the dentist at least twice a year. This is because cancer treatment can affect teeth.

✓ **Be body aware.** Check your skin, breasts or testicles for any changes. If you are worried about new lumps, bumps, mole changes or symptoms, talk to your family, GP or hospital team.

✓ **Practice safe sex.** Use contraception to avoid pregnancy, even if you have been told that your fertility may have been affected by treatment. Use condoms to protect from sexually transmitted diseases. You can get more advice and information from your GP or sexual health clinic.

✗ **Don’t smoke or vape** to reduce your risk of heart and lung problems, and cancer. Avoid being exposed to cigarette smoke from someone else.

✗ **Don’t take recreational drugs** as these can negatively affect your physical and mental wellbeing.

✗ **Don’t drink too much alcohol** as this can affect your liver and mental health. Men and women are advised not to regularly drink more than 14 units of alcohol per week. 1 unit = 1 single shot of 40% spirit, 1.5 units = 1 small glass of wine or 1 bottle of alcopop.

# Looking ahead

Having cancer is a life-changing experience, and how you feel about yourself now can be different to before your diagnosis. It can be useful to remind yourself about all the things that make up ‘you’ such as your likes, dislikes, values and dreams.

While you may want to forget that you ever had cancer, accepting that your experience will always be a part of who you are, and remembering what you have achieved, can help make you feel stronger about moving on.

No one would ever choose to have cancer, but many young survivors say that it has made positive changes in their relationships and values, and has left them with a greater appreciation of life and the opportunities it can offer.

You might feel more focused and driven about what you want to do, and you might find that you have changed your mind about some things. It helps to stay open-minded and flexible about your future plans.

> “Do not compare yourself to your peers. It is important to be kind to yourself and not overdo it. If you work within your limitations and not against them constantly you will see more success than failure.”
>
> *Ellie, diagnosed aged 14*

# Help and support

**CCLG: The Children & Young People's Cancer Association**
**www.cclg.org.uk/living-beyond-cancer**
Information for teenage and young adult survivors of childhood cancer that covers long-term follow-up, information about possible late effects of your cancer or its treatment, and moving on.

**Young Lives vs Cancer**
**www.younglivesvscancer.org.uk/what-we-do/for-teens-and-young-adults**
Support and information for young people on treatment and beyond.

**Teenage Cancer Trust**
**www.teenagecancertrust.org**
Provide support and events to help young people connect with others and build confidence.

**Ellen MacArthur Cancer Trust**
**www.ellenmacarthurcancertrust.org**
Supporting young people after cancer treatment to inspire them to believe in a brighter future through free sailing and outdoor adventures.

**Teens Unite**
**www.teensunite.org**
Offer support and events for young people throughout treatment and beyond.

**JTV Cancer Support**
**www.jtvcancersupport.com**
Offer a valuable resource of short films from young people with cancer.

**NHS**

**www.nhs.uk/every-mind-matters**

Online practical help and support for mental health.

**www.nhs.uk/better-health**

Advice about making healthy changes including exercise, smoking and drinking.

**www.healthforteens.co.uk**

Advice for teens about all aspects of health.

**Young Minds**

**www.youngminds.org.uk**

Help and advice for mental wellbeing in young people.

**ChildLine**

**www.childline.org.uk**

Call 0800 1111

Free, private and confidential service for anyone under 19 years old (phone and online) where you can talk about anything that is worrying you.

**Samaritans**

**www.samaritans.org**

Call free on 116 123

Free and confidential 24hr emotional support (phone and online).

**We are CCLG: The Children & Young People's Cancer Association, a charity dedicated to creating a brighter future for children and young people with cancer. Powered by expertise, we unite the children and young people's cancer community, driving collective action and progress.**

We fund and lead pioneering research, provide trusted information and guidance for children and young people with cancer and their families, and bring together professionals to improve treatment, care, and outcomes.

Our expert information helps children and young people, their families, and everyone supporting them to navigate the challenges of cancer and its impact, offering reassurance and clarity when it's needed most.

Our work is funded by donations. If you would like to help, text '**CCLG**' to **70085** to donate **£3** or visit **www.cclg.org.uk/donate.** You may be charged for one text message at your network's standard or charity rate. CCLG will receive 100% of your donation.

We want our information resources to be relevant and useful. Tell us what you think by scanning this code to complete a short survey or contact us at publications@cclg.org.uk

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