



# Testicular Cancer Telephone Counselling Service

For men affected by testicular cancer

A man with a beard, wearing a black beanie, a black jacket with epaulettes, and a light-colored scarf, is looking down at a smartphone held in his gloved hands. He is sitting outdoors, with a blurred background of a building with windows.

If you've been affected by testicular cancer, you'll probably know that it is a rare condition which affects over 2,200 men every year in the UK. It is also most likely to occur in young men aged 15-45.

A diagnosis of cancer can be a frightening experience and these figures mean that you could feel quite isolated as you may not know anyone else who is having to face the same challenges and mix of emotions. Once diagnosed, treatment follows on swiftly and this can leave you in a state of shock and also feeling very vulnerable. At Orchid, we want to support you in every way we can.

Our Male Cancer Information Nurses are available to offer valuable information and support, via the freephone National Male Cancer Helpline, our dedicated website, email and face to face. Our testicular cancer microsite '*Your Privates*', booklets and Factsheets provide specific advice on all aspects of the disease.

A recent addition to our range of support services is the Testicular Cancer Telephone Counselling Service for men who are finding the emotional challenges of a diagnosis and treatment hard to cope with. It is a service designed for you with input from specialists who understand the particular demands of the condition and the impact that this can have on your life. The team of Counsellors to whom we will refer you are all skilled specialist therapists with many years' experience in working with cancer issues.

## How can counselling help?

Discovering that you have testicular 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.

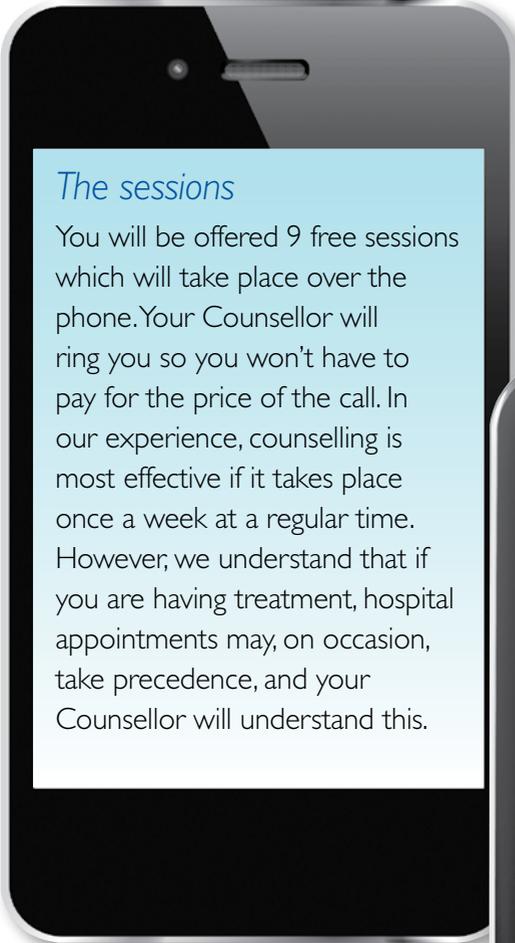
As well as having to deal with your own feelings and fears, you may also find that having had a cancer diagnosis and treatment impacts on your relationships in unexpected ways, adding stress when you feel least able to cope with it.

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 confront what has happened to you.

## Practicalities (*The role of the Counselling Co-ordinator*)

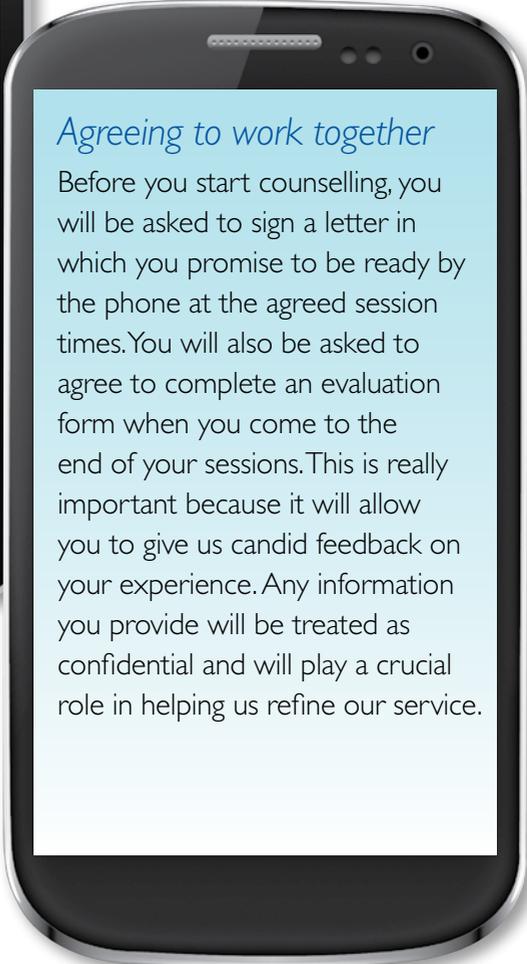
After an initial confidential discussion with one of the Orchid Male Cancer Information Nurses and if you both feel that counselling will be of benefit, you will be contacted by the Counselling Co-ordinator. However, if, after talking to the Orchid Male Cancer Information Nurse or the Co-ordinator, you 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.

The role of the Counselling Co-ordinator is to explain the service in further detail, to answer any questions or concerns you may have, to find out when you are free on a regular weekly basis and let you know the name of your Counsellor. It is important that you can be in a quiet private place to take this call and that you will not be disturbed during your future sessions. Once you have begun counselling, you can contact the Counselling Co-ordinator if you have any queries, for example needing to change the time of your session. The Counselling Co-ordinator will let your Counsellor know.

A graphic of a black smartphone with a light blue screen. The screen displays the text for the 'The sessions' section.

### *The sessions*

You will be offered 9 free sessions which will take place over the phone. Your Counsellor will ring you so you won't have to pay for the price of the call. 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.

A graphic of a black smartphone with a light blue screen. The screen displays the text for the 'Agreeing to work together' section.

### *Agreeing to work together*

Before you start counselling, you will be asked to sign a letter in which you promise to be ready by the phone at the agreed session times. You will also be asked to agree to complete an evaluation form when you come to the end of your sessions. This is really important because it will allow you to give us candid feedback on your experience. Any information you provide will be treated as confidential and will play a crucial role in helping us refine our service.

## **The freephone National Male Cancer Helpline**

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



Orchid National Male  
Cancer Helpline

**0808 802 0010**

helpline@orchid-cancer.org.uk

ORCHID  
FIGHTING MALE CANCER 

### ORCHID

St Bartholomew's Hospital London EC1A 7BE

T: 0203 465 5766 F: 0207 600 1155

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

[www.yourprivates.org.uk](http://www.yourprivates.org.uk)

Registered in England with the Charity Commission No. 1080540.

Company registered in England No. 3963360

Models featured in this brochure  
are used for illustrative purposes only.

