

Counselling Services

At the
THE MACMILLAN
HORIZON
CENTRE

Two services, one building,
here is how to find the
right one for you.



THE MACMILLAN

HORIZON CENTRE

How Counselling Can Help

How Counselling Can Help

Counselling is a **confidential space** to talk about how you are feeling and to explore how cancer **affects your life**. A cancer diagnosis can bring many different reactions, fear, anger, grief, numbness, or uncertainty about the future.

When treatment finishes, many people find themselves questioning their **sense of identity**, or feeling **anxious about their health**.

Counselling can help you:

- Make sense of your thoughts and feelings
- Understand yourself better within your relationships
- Manage the emotional and physical challenges of cancer
- Develop a greater sense of control and choice

All therapists in both services are qualified or in training at postgraduate level and are registered with professional bodies such as BACP. This ensures they work safely and ethically.



University Hospitals Sussex
NHS Foundation Trust

MACMILLAN
CANCER SUPPORT

Two Services, One Building

The Horizon Centre is home to two separate counselling services. Both offer counselling and support for people affected by cancer, but they are designed for different stages of the cancer journey and have different referral pathways:

NHS Cancer Psychological Therapies Service

Supports people who are in **active treatment** and for up to six months after finishing treatment, under the care of **University Hospitals Sussex**.

Referral is via your clinical team.

Macmillan Horizon Centre Counselling and Emotional Wellbeing Service

Supports people in **Sussex** who are more than six months post treatment, on longer-term maintenance treatment, or receiving private treatment. **You can self-refer.**

Our Vocal Therapy, Wellbeing coaching and Mindfulness services are available regardless of treatment stage.

At a Glance

Which Service Is Right for You?

Currently in active treatment with the NHS University Hospitals Sussex?

Support is available from the NHS Cancer Psychological Therapies Service.

Ask your clinical nurse specialist or consultant to refer you.

More than 6 months post-treatment?

Support is available from the Macmillan Horizon Centre Counselling and Emotional Wellbeing Service. You can self-refer.

On maintenance or private treatment?

Support is available from the Macmillan Horizon Centre Counselling and Emotional Wellbeing Service. You can self-refer.

Both services are:

- Free of charge
- Available Monday to Friday
- Based at the Horizon Centre, Brighton
- Open to **family members and carers**
- Staffed by qualified, BACP-registered therapists

If you are unsure which service is right for you, contact the Horizon Centre directly and the team will help.

NHS Service

NHS Cancer Psychological Therapies Service

Who is this service for?

This service **supports people** who are currently in active treatment, at **University Hospitals Sussex** and their immediate **family members** who live in the area. You can access this service from the point of diagnosis and **up to 6 months** after completing treatment.

What does it offer?

The service offers a range of **psychological therapies** to help with the **emotional and psychological impact** of cancer:

- Specialist cancer counselling and psychotherapy
- One-to-one counselling
- Psychotherapy
- Couples counselling
- Psychosexual therapy
- Psychoeducational recovery group

Sessions last for 50 minutes and may be offered for **up to 12 weeks** for those in treatment, or **up to 6 weeks** for **family or carers**.

How do I access this service?

Referrals are made by your **clinical nurse** specialist or **doctor**. The **service is free** and available **Monday to Friday**.

Ask your clinical team to refer you.



University Hospitals Sussex

NHS Foundation Trust

Macmillan Service

Macmillan Horizon Centre Counselling and Wellbeing Service

Who is this service for?

This service supports **people living in Sussex** who are:

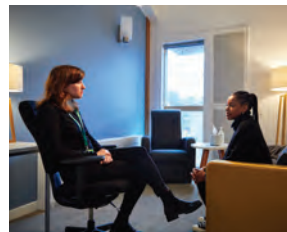
- At least 6 months post-treatment
- On long term or maintenance treatment
- Receiving treatment privately
- **Family members or carers** of people impacted by cancer in the above situations

If you are currently in active treatment under **University Hospitals Sussex NHS Trust**, please refer to the NHS Cancer Psychological Therapies Service page for support.

What support is available?

The service offers a **range of support** to help with the **emotional and psychological** impact of cancer:

- 12 sessions of one-to-one counselling
- Vocal Psychotherapy
- Mindfulness
- Wellbeing Coaching



The **12-session counselling** service is specifically for those who are **post treatment** or on **maintenance treatment or in private treatment**, including **family members or carers**. Other services listed above are available regardless of treatment stage.

How do I access this service?

The **service is free** and available **Monday to Friday**. You can **self-refer**. Contact the **Horizon Centre** directly to find out more.

Get in touch 01273 468770
horizoncentre@macmillan.org.uk

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