

Adjusting to Cancer: Support & Strategies

HeadwayHealth's Clinical & Consulting Psychologists provide research-based strategies to support your quality of life & wellbeing.

- Dealing with changes to health & lifestyle
- Anxiety, stress & fear of recurrence
- Depression/low mood
- Chronic pain, fatigue & sleep difficulties
- Enhancing relationships & communication
- Intimacy & body image
- Navigating treatment & recovery
- Familial cancer risk
- Living with loss & grief
- Adults, carers, children & families



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