

Cancer Support

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues.

The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support.

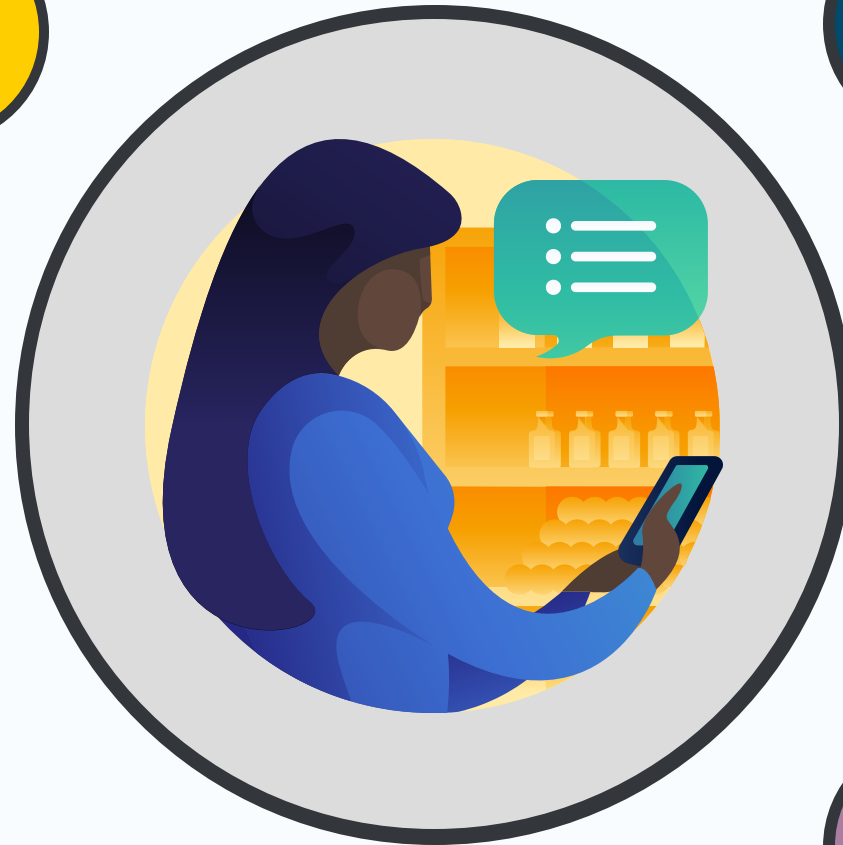
A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

1:1 Meeting

It is assumed colleagues will have spoken with their GP about their cancer diagnosis and treatment.

During a 1:1 with your Line Manager there will be opportunity for a Wellbeing Conversation and this is the time to highlight any health and wellbeing issues with regards to your cancer diagnosis or the support you require as a Carer of a loved one with a cancer diagnosis.

During the conversation, your Line Manager will discuss possible reasonable adjustments or may refer you to Occupational Health allowing for an opportunity to speak to a OH practitioner. The Line Manager can also signpost to internal & external support resources. If there is not a Wellbeing Conversation section during the 1:1, ask for it.



Employee Assistance Programme

MCL Medics is the University's Employee Assistance Programme provider and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives providing advice, information and assistance on a range of topics including Cancer support.

Also provides access to a self referred counselling service allowing the employee to speak to a counsellor directly. Follow the steps on the webpage to access this resource.

External Resources

There is a number of external support agencies and charities who provide dedicated support to those with a cancer diagnosis or those undertaking caring responsibilities for a loved one with a cancer diagnosis. Refer to MacMillan Cancer Support or Cancer Research UK.

In Scotland there is the dedicated Scottish Charity called Cancer Support Scotland who offer a range of services across Scotland.

[Intranet Health & Wellbeing Home Page](#)