



Not OK

Filling the gaps in mental health support for young people with cancer



KEY POINTS

1. YOUNG PEOPLE WITH CANCER HAVE UNIQUE PSYCHOLOGICAL NEEDS.

Their stage of life means they need tailored and comprehensive support to deal with the impact of a cancer diagnosis.

2. MENTAL HEALTH IS A KEY ISSUE FOR YOUNG PEOPLE WITH CANCER.

When asked to describe their mental health and wellbeing in the six months prior to our survey, 52% of young people said this had been very poor (17%) or poor (35%). Ninety-four per cent of young people said their mental health and wellbeing was either very important (60%) or important (34%) to them.

3. PSYCHOLOGICAL SUPPORT FOR YOUNG PEOPLE COMES FROM A RANGE OF SOURCES.

Young people can benefit from both informal support, such as from peers, and formal support, from healthcare professionals and specialist psychologists, depending on their needs. These needs can change at any point, however, so young people must always be able to access a full range of support.

4. SUPPORT AVAILABLE VARIES BASED ON WHERE YOUNG PEOPLE LIVE.

Healthcare professionals paint a concerning picture of how provision of, and access to, formal support from psychologists varies across the UK.

5. TEENAGE CANCER TRUST IS CALLING FOR THE FOLLOWING:

- UK Governments must commit to urgently meeting the psychological needs of all young people with cancer, by providing them with timely, high-quality support wherever they live.
- UK Governments must provide ringfenced funding to ensure all young people can access support from specialist psychologists to help them through cancer.
- UK Governments must work with the NHS, Teenage Cancer Trust, and other experts to develop and fund the delivery of a comprehensive blueprint of psychological care for young people with cancer that meets their unique needs.

1. FOREWORD



A whole generation's resilience is at rock bottom.

The coronavirus pandemic has plunged many young people into a mental health crisis.

A quarter of 16 to 25-year-olds surveyed by The Prince's Trust said they felt 'unable to cope with life'. Almost two-thirds of people who lost their jobs during the pandemic are under 25.¹

Against that backdrop, every day seven young people aged 13-24 in the UK are told they have cancer – terrible news at a terrible time.

Isolated from friends, who can't relate to what you're going through. Missing out on new relationships and important life

milestones. Family members who aren't always sure how to help. It can feel like you're losing your independence all over again while facing treatment, not knowing whether you're going to live or die.

And life on the other side of treatment isn't straightforward either. Cancer might leave your body but it doesn't leave your mind. Plans, relationships and your whole sense of identity might have changed. You might be scared of cancer coming back, or feel anxious and uncertain about your future.

Depression, anxiety and panic attacks are common among young people with cancer, and the psychological disruption can lead to lasting problems in adulthood. The right support early on can help prevent this.

'CURRENTLY, SPECIALIST PSYCHOLOGICAL SUPPORT FOR TEENAGERS AND YOUNG ADULTS WITH CANCER ISN'T ALWAYS ACCESSIBLE IN ALL AREAS OF THE UK. AND IT CAN BE REACTIVE, NOT PROACTIVE, SO YOUNG PEOPLE MAY ONLY GET THE SUPPORT THEY NEED ONCE THINGS ARE ACUTELY BAD'

But, currently, specialist psychological support for teenagers and young adults with cancer isn't always accessible in all areas of the UK. And it can be reactive, not proactive, so young people may only get the support they need once things are acutely bad.

The coronavirus pandemic has made the impact of cancer on young people even worse.

With shielding, lockdown and worries about the virus, many young people with cancer are feeling more isolated and anxious than ever before.

As the country recovers from the pandemic and cancer services continue to rebuild, it's more important than ever that we don't forget about young people's needs.

This report highlights the experiences of young people with cancer in terms of their mental health and their access to psychological support, along with the impact of the Covid-19 pandemic. It includes data collected through insight work with young people, Teenage Cancer Trust frontline staff, and healthcare professionals.

It concludes with recommendations that must be adopted by all UK Governments to ensure that young people with cancer can access the timely, tailored and high quality psychological support they need, wherever they live.

I can tell you from our experience providing care and support to young people with cancer for more than 30 years: psychological support is as critical to cancer treatment as chemotherapy or radiotherapy.

No young person should be left to unnecessarily struggle with their mental health on top of the physical impact of cancer.

Thank you for reading and for supporting our campaign.

Kate Collins,
Chief Executive,
Teenage Cancer Trust

WHAT DO WE MEAN BY 'PSYCHOLOGICAL SUPPORT' FOR YOUNG PEOPLE WITH CANCER?

The World Health Organization defines 'mental health' as 'a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'ⁱⁱ

Teenage Cancer Trust recognises that mental health is on a scale from good to poor, and that any one of us may move along this scale at any given time as a result of any number of factors.

When we use the term 'psychological support' in this report, we are referring to the help a young person with cancer may need to maintain their mental health if this is positive, or improve it if it is poor or at risk of becoming so. This help comes from different sources depending on a young person's needs:

Lower level psychological support needs may be met by people without training in mental health, including friends, family, peer support networks and healthcare professionals with no mental health expertise

Medium level needs may be met by healthcare professionals who have had additional training in mental health. This includes those who have had Level 2 Psychological Skills training; many NHS staff working in cancer have received this training which equips them to support patients with their emotional wellbeing

Higher level needs, or medium level needs at risk of deteriorating, should be met by support from mental health professionals with a trained expertise in teenagers and young people with cancer, such as specialist psychologists.



HOW DOES TEENAGE CANCER TRUST PROVIDE PSYCHOLOGICAL SUPPORT?

Teenage Cancer Trust is the only UK charity dedicated to meeting the specialist nursing, care and support needs of young people aged 13-24 who are diagnosed with cancer. We fund Youth Support Coordinators¹ and specialist teenage and young adult nurses, as well as age-appropriate environments in our 28 Teenage Cancer Trust units in NHS hospitals. We are a pioneer in establishing age-appropriate specialist care.

A key role of our funded staff is supporting teenagers and young adults with their mental health and wellbeing. Our nurses and Youth Support Coordinators are specialists in working with young people with cancer. They are a source

of consistent support for young people and their families throughout their cancer treatment and beyond. They spend time getting to know young people and what is important to them, so they can tailor support to what will make the most difference to each young person.

This support is hugely valuable within a wider package of psychological support, however our funded staff are not specialists in dealing with high level or deteriorating psychological support needs. At this point, it is vital they can refer young people to specially trained psychologists within the NHS.

¹ Youth Support Coordinators are professionals who support young people with cancer. They provide an informal and relaxed atmosphere within hospitals and virtually, giving practical advice around issues like body image. They also arrange activities, including opportunities to socialise with other young people with cancer. For more information, visit teenagecancertrust.org/youth-support

2. WHO TOOK PART IN THE RESEARCH?

This report is based on insight from a literature review and research with young people, Teenage Cancer Trust staff and healthcare professionals.

NB all percentages have been rounded so totals may not add up to 100%.

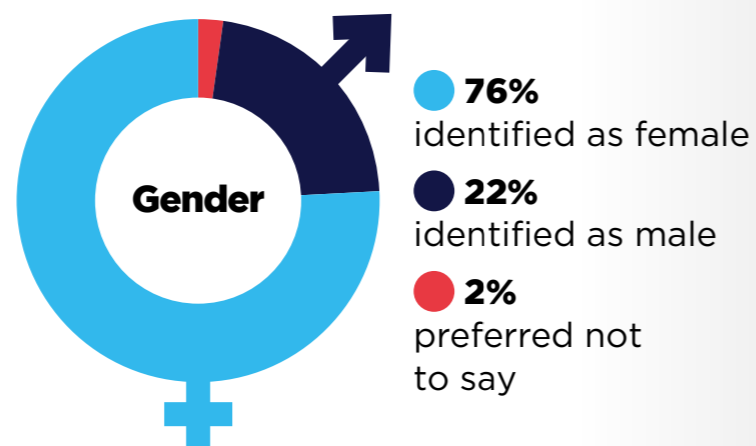
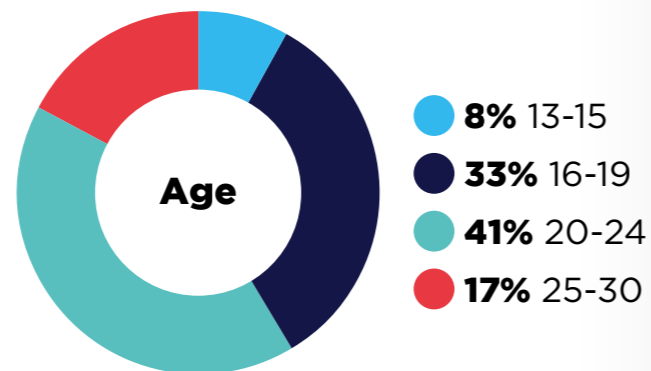
METHODOLOGY

Teenage Cancer Trust carried out an online survey with young people in spring 2021. This was open to any young person in the UK and participants were recruited through the charity's social media channels and its Youth Advisory Group. Teenage Cancer Trust's Youth Advisory Group is made up of young people who have completed cancer treatment and kindly use their experiences to provide insight and advise the organisation.

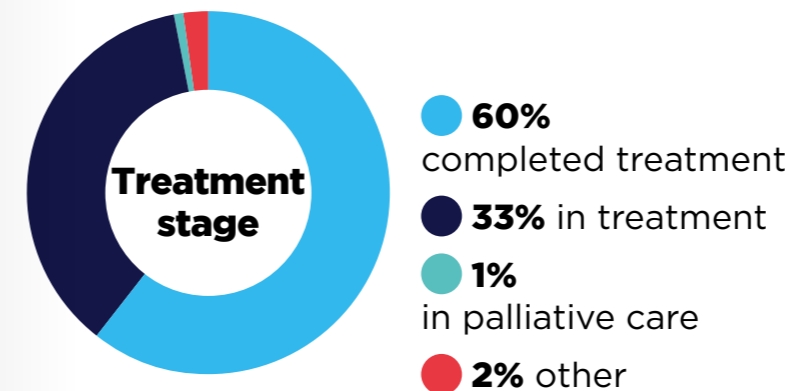
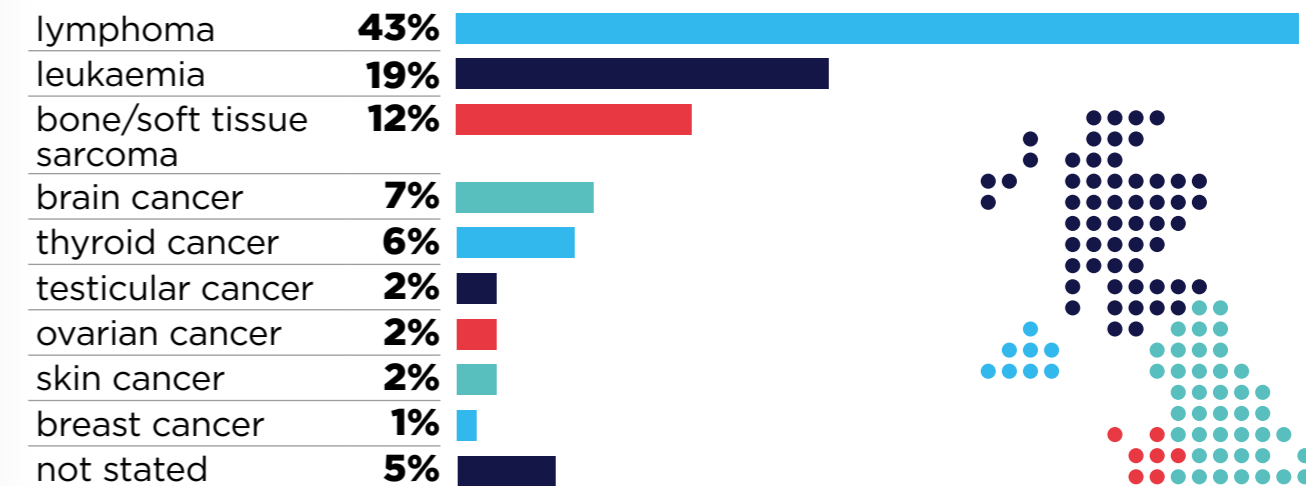
To explore views of professionals, Teenage Cancer Trust carried out three focus groups with charity staff and funded staff in spring 2021, with representatives from all UK nations. It additionally ran an online survey with the Teenage and Young Adult Clinical Psychology Network in spring 2021, with responses from representatives in England and Scotland only.

PARTICIPANTS AT A GLANCE

121 young people with experience of cancer



Diagnosis

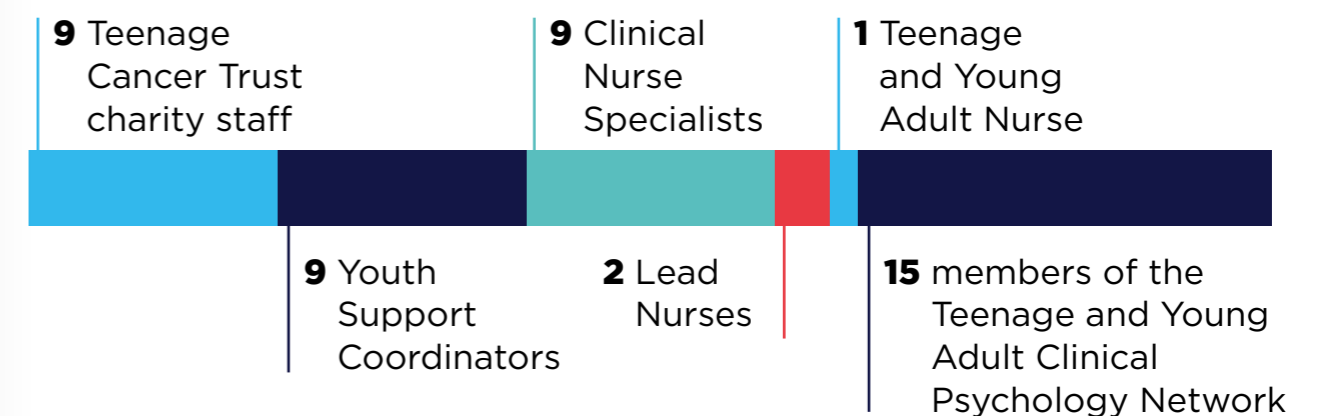


Location

- 88% England
- 7% Scotland
- 5% Wales
- 1% Northern Ireland

Due to the sample size, we are unable to draw nation-specific conclusions from this survey.

45 professionals



3. BACKGROUND

THE IMPACT OF CANCER ON YOUNG PEOPLE'S MENTAL HEALTH AND THE EFFECT OF COVID-19

Adolescence itself is a roller-coaster for many young people as they undergo rapid physical, cognitive, psychological, and social changes. A cancer diagnosis on top of this can be highly disruptive to a young person's development and can result in extreme psychological distress.

Fears around whether they will live or die, the impact of treatment, and how their relationships, education and wider life plans may change, are just some of the issues that Teenage Cancer Trust sees young people grappling with throughout cancer treatment. Cancer can affect every aspect of a young person's life, often in unpredictable, fast-changing ways.

Research shows young people often experience poor mental health during cancer treatment. A study exploring young people's mental health during treatment showed 90% reported anxiety, 83% felt loneliness, 70% faced depression, and 42% experienced panic attacks.ⁱⁱⁱ Another study investigated the prevalence of psychological need in teenage and young adult cancer patients and found that, out of the 230 patients screened, 91 (40%) showed psychological morbidity.^{iv}

Teenage Cancer Trust's own research found that cancer brought 'profound shifts in their personalities and psychological

outlooks' for young people, with worry about physical appearance, loneliness and anxiety all highlighted as having a lasting effect on self-esteem.^v Other research has recognised how the psychological impact of cancer on young people can last into adulthood.^{vi}

CANCER CAN AFFECT EVERY ASPECT OF A YOUNG PERSON'S LIFE, OFTEN IN UNPREDICTABLE, FAST-CHANGING WAYS

Young people with cancer have also, unfortunately, felt the effects of the Covid-19 pandemic. The impact of Covid-19, and the measures introduced to stem its spread, on the mental health of all young people has been well documented. The Prince's Trust has warned of the 'devastating toll' on young people's mental health resulting from the pandemic following its Youth Index, with 26% of the 16 to 25-year-olds surveyed reporting they had felt 'unable to cope with life'.^{vii} Young Minds found that 80% of young people already experiencing mental health issues felt the pandemic had made their mental health worse.^{viii}



The early stages of the pandemic worsened the existing feelings of isolation young people were experiencing as a result of their diagnosis.^{ix} Isolation from friends and family, school and work were the hardest issues for them to manage, and 53% of young people reported that they had found accessing a psychologist more difficult. Young Lives Vs Cancer similarly found that 52% of young people with cancer felt they were not coping with their situation during the pandemic.^x

Research by the UK Teenage and Young Adult's Clinical Psychology Network showed that distress amongst young people with cancer had increased since Covid-19 and was impacted by the degree to which young people perceived the virus as affecting their life and relationships.^{xi} It demonstrated how resilience is a protective factor here.

THE EARLY STAGES OF THE PANDEMIC WORSENE THE EXISTING FEELINGS OF ISOLATION YOUNG PEOPLE WERE EXPERIENCING AS A RESULT OF THEIR DIAGNOSIS

4. WHAT WERE THE FINDINGS?

While all UK nations have recognised or written standards, plans or guidance at some stage that acknowledge the needs of teenage and young adult cancer patients in accessing psychological support² Teenage Cancer Trust’s findings demonstrate how not all young people are currently able to access the support they need.

4.1. YOUNG PEOPLE WITH CANCER ARE STRUGGLING WITH THEIR MENTAL HEALTH

Mental health is a significant issue for young people with cancer. Isolation and uncertainty are particularly key issues for them, and the pandemic has made these worse while also reducing opportunities to build support networks with other young people with cancer.

Of the young people who responded to the charity’s survey, 94% said that their mental health and wellbeing were either very important (60%) or important (34%) to them. When asked to describe their mental health and wellbeing in the six months prior to the survey (Table 1), 52% said it had been very poor (17%) or poor (35%).

Young people also told us that the pandemic had negatively impacted on their mental health in the six months prior of the survey; isolation was the most common issue, followed by the uncertainty of living through a pandemic (Table 2).

WHEN ASKED TO DESCRIBE THEIR MENTAL HEALTH AND WELLBEING IN THE SIX MONTHS PRIOR TO THE SURVEY, 52% SAID IT HAD BEEN VERY POOR (17%) OR POOR (35%)

² Including: National Institute for Health and Care Excellence (2014), Cancer services for children and young people; Managed Service Network for Children and Young People with Cancer in Scotland (2016), Right diagnosis, right treatment, right team, right place; The cancer plan for children and young people in Scotland 2016 – 2019; Department of Health (2011), Social Services and Public Safety, Service Framework for Cancer Prevention, Treatment and Care, and; NHS Wales Health Collaborative and Wales Cancer Network (2020), National Optimal Pathway for Teenage and Young Adult Cancer: Point of Suspicion to First Definitive Treatment (aged 16 -24).

TABLE 1: Young people’s reported mental health and wellbeing over the previous six months

Quality	Young people reporting
Very good	3%
Good	19%
Neither good nor poor	26%
Poor	17%
Very poor	35%

TABLE 2: In the last six months, have you felt like any of the following have negatively impacted you or your wellbeing?

Issue	Young people reporting
Isolation	74%
The uncertainty of living through a pandemic	71%
Less opportunity to speak to other young people with cancer	70%
Shielding	69%
Uncertainty of treatment outcome	36%
Wait for specialist support	32%
Changes or delays to treatment due to Covid-19	25%
A delay to diagnosis due to Covid-19	18%
My cancer had worsened because of delays to treatment	7%
Clinical trial availability	4%
Other	1%

In terms of being able to access specialist support to help with their mental health and wellbeing, 47% reported that not being able to access this would have a high (27%) or significant (20%) impact on them. Twenty-three percent said it would have a medium impact on them, and 13% reported a low impact. Just 17% said it would have no impact.

This data shows how vital it is that young people can access the appropriate level of support to help them with their mental health and wellbeing – particularly at this extremely difficult time. It demonstrates the urgent need to prioritise this support as health services recover from the pandemic and beyond.

4.2. YOUNG PEOPLE WITH CANCER ACCESS PSYCHOLOGICAL SUPPORT FROM A RANGE OF SOURCES

Young people with cancer seek psychological support from a range of people depending on the level of their needs.

SUPPORT FROM FAMILY AND FRIENDS – INCLUDING PEER SUPPORT

Young people told Teenage Cancer Trust of the value of being able to turn to family and friends following their diagnosis. Thirty-three per cent also reported having made new friends with other young people with cancer, and a number explained the importance of this peer support in making them feel less alone. These new connections are particularly important as they come at a time when many young people experience changes in their existing friendships.³

In terms of the impact of Covid-19 on accessing these informal sources of psychological support, 70% of respondents said that fewer opportunities to speak to other young people with cancer had a negative impact on them or their wellbeing (Table 2). This issue was also highlighted by healthcare professionals.

Because of changes to hospital policy to prevent the spread of Covid-19, 60% of young people surveyed told the charity they had spent time in hospital or attended appointments alone rather than being able to take a family member or friend with them. The charity’s previous work on this area as part of its Hand2Hold campaign, jointly run with Young Lives Vs Cancer, has highlighted how detrimental this can be for young people in navigating cancer and its treatment.⁴

These findings demonstrate how vital relationships with friends and family are throughout a young person’s cancer journey in the context of meeting lower-

‘... THE YOUNG PEOPLE WHO ARE IN THE BAYS CAN STILL TALK TO EACH OTHER, BUT THE PATIENTS IN THE SIDE ROOMS, OR HAVE HAD A TRANSPLANT OR ARE IN FOR WEEKS AND WEEKS, IT’S BEEN MORE AND MORE DIFFICULT’

LEAD NURSE

level psychological support needs. It is important they are supported to make new friends with other young people with cancer so that they can benefit from the psychological support provided by peers.

SUPPORT FROM HEALTHCARE PROFESSIONALS WHO ARE NOT MENTAL HEALTH SPECIALISTS

Young people also highlighted the importance of support provided by members of their healthcare team who were not mental health specialists. When asked which member of their team had provided them with the most mental health/psychological support since diagnosis, while 23% said their psychologist, several other healthcare professionals were also mentioned. This included 31% reporting that their Clinical Nurse Specialist had given them the most support, and 17% their Youth Support Coordinator (Table 3). Concerningly, 15% reported they had not received any mental health/psychological support.

³ Teenage Cancer Trust will be publishing data on the impact of cancer on a young person’s friendships later in 2021.

⁴ In January 2021, Teenage Cancer and Young Lives Vs Cancer launched a campaign calling on UK Governments to commit to ensuring that young people with cancer should not have to face treatment alone. For more, see teenagecancertrust.org/hand2hold

In relation to Covid-19, a number of young people reported changes in how they had accessed members of their healthcare team, explaining that some appointments had been moved from face to face to being either on the phone or via video call. Whilst this has clearly been an important way to minimise transmission of Covid-19 and staff have worked hard to find new ways to engage with young people, this shift had been difficult for some people.

These results show how the mental health support provided by a range of roles across a young person’s healthcare team can be vital. They demonstrate the importance of all healthcare professionals involved in a young person’s care being alert to the psychological implications of a cancer diagnosis; equipped to meet lower to medium level needs and able to signpost to specialist psychological support for higher level needs.

For some young people, this lower to medium level support will enable them to manage their mental health without their needs escalating to the point of needing higher level support.

TABLE 3: Which healthcare professional has provided you with the most psychological/emotional support since diagnosis?

Role	Young people reporting
Clinical Nurse Specialist	31%
Psychologist	23%
Youth Support Coordinator	17%
I’ve not had any	15%
Doctor/Consultant	12%
Dietitian	1%

SUPPORT FROM MENTAL HEALTH SPECIALISTS

The value of support from psychologists who are specialists in mental health was highlighted by young people within the survey. As shown in Table 3, 23% of respondents said their psychologist had been the member of their healthcare team who provided them with the most emotional/psychological support since diagnosis.

Sixty-nine per cent of young people surveyed had been offered support from a psychologist at some point since their cancer diagnosis. While psychological support needs can arise at any time, just 12% reported support was offered before their treatment started. A further 52% were offered support during treatment, and 25% after treatment. It is unknown how many young people took up these offers of support, or whether it was from a psychologist specially trained in teenagers and young people with cancer, or without this expertise.

In terms of being able to access specialist support in the six months prior to the survey, 57% of young people reported that they had felt they had needed to see a psychologist and, while 22% of all young people surveyed had accessed this support, 35% either had not (20%) or had reduced access (15%). It is unclear as to whether these access issues relate solely to Covid-19 or other factors.

These findings show the importance of providing young people with specialist psychological support as part of a wider psychological support offer. It is disappointing that not all respondents had been able to access this, even when they felt they needed it, and that it was not universally offered from diagnosis. While not all young people will accept expert support, it must be open to all as their needs may change over time and they may take the offer up at any point.

4.3. SPECIALIST PSYCHOLOGICAL SUPPORT THAT YOUNG PEOPLE CAN ACCESS VARIES ACROSS THE UK

Looking at how formal psychological support for young people with cancer is provided across the UK presents a mixed picture and corroborates the charity's existing understanding of provision. Young people's ability to access services varies, as does whether the psychologists available specialise in working with teenagers and young adults (TYA) who have cancer.

In terms of the psychologists from England and Scotland who responded to the charity's survey,⁵ 87% said they did not feel current national provisions for psycho-oncology were sufficient to meet the needs of teenagers and young people with cancer. Ninety-three per cent stated their service offered between 0.2 and 0.8 full time equivalent (FTE; one to four days a week of one member of staff). While some said this was adequate, the majority of those who added a comment felt that more provision was needed.

The role of guidance was also raised by one respondent, who suggested that a lack of clear guidance meant that provision offered could be generic rather than from specialists with expertise in young people and cancer:

'THERE ISN'T ENOUGH ACCESS BECAUSE GUIDANCE IS SO VAGUE AND AS LONG AS UNITS SHOW THEY HAVE 'ACCESS TO' CLINICAL PSYCHOLOGY OR OTHER MENTAL HEALTH SUPPORT IT MEANS THEY DON'T HAVE TO PROVIDE DEDICATED PROVISION'
PSYCHOLOGIST

Other respondents flagged the importance of being able to do preventative work with young people to avoid a deterioration in their mental health, and the need for additional funding to increase provision.

'WE ARE NOT ABLE TO PROVIDE ANY PROACTIVE PREVENTATIVE SUPPORT, AND HAVE TO LARGELY WORK IN A "FIRE-FIGHTING" CAPACITY DUE TO DEMAND ON LIMITED RESOURCE' PSYCHOLOGIST

The need to recognise that young people with cancer tend to require more support than other adults was also raised, and how it can also be preventative in avoiding longer term psychological issues or illness:

'IN MY EXPERIENCE TYAs REQUIRE MORE SESSIONS, REFERRAL RATES ARE HIGHER PRIMARILY BECAUSE MOST LIFETIME PSYCHOPATHOLOGY DEVELOPS IN THE TYA YEARS'
PSYCHOLOGIST

From these insights from professionals, it is clear that the expert psychological support provision that young people can access is variable depending on where they live. Also, while some may be able to access support from a specialist teenager and young adult psychologist, others may receive support from a non-specialist psychologist. Teenage Cancer Trust understands that some may also struggle to get any support where provision is not enough to meet demand.



'THERE ARE SOME AREAS OF THE COUNTRY WHERE THERE ARE NO PSYCHOLOGISTS THAT WORK WITH THIS AGE GROUP AT ALL AND MOST OTHER PLACES ARE HAVING TO SPLIT THEIR TIME BETWEEN ANOTHER PART OF THE SERVICE (EITHER CHILDREN OR ADULTS)'

PSYCHOLOGIST

'WE DON'T HAVE ANY PSYCHOLOGISTS DEDICATED TO TEENAGERS AND YOUNG ADULTS WITH CANCER, OUR EXISTING CANCER PSYCHOLOGY SERVICE OFFERS A SERVICE FOR THE WHOLE CANCER POPULATION, HOWEVER THEIR RESOURCES ARE VERY LIMITED'

CANCER NURSE SPECIALIST

'IN [LOCATION] WE HAVE OUR OWN TYA PSYCHOLOGIST, SO THERE'S NO KIND OF BARRIER FOR YOUNG PEOPLE GETTING AN APPOINTMENT'

LEAD NURSE

⁵ This was promoted to psychologists in Wales and Northern Ireland but no responses were received.

5. CONCLUSION AND RECOMMENDATIONS

The evidence is clear: at present, too many young people facing cancer are not getting the psychological support they need and the impact of this on their mental wellbeing can be devastating.

This must be urgently addressed so that no more young people unnecessarily face poor mental health on top of their cancer diagnosis.

Every young person with cancer in the UK must be provided with a timely and tailored package of psychological support to enable them to deal with the repercussions of their diagnosis as best they can – including access to specialist psychological support.

Teenage Cancer Trust has three recommendations that must be adopted by each of the UK Governments to ensure the needs of young people with cancer are being met across all four nations.



1. UK Governments must commit to urgently meeting the psychological needs of all young people with cancer, by providing them with timely, high-quality support wherever they live.

Mental health is a significant issue for young people with cancer, now more than ever. The Covid-19 pandemic has exacerbated feelings of isolation for many young people – not least those who have been in the devastating position of having to attend hospital appointments and cancer treatment alone, while also missing the opportunity to meet other young people on wards to build friendships and peer support.

Teenage Cancer Trust has been advocating for all young people to have their psychological support needs met for some years – services simply recovering to their pre-pandemic state will not fill the gap. It is imperative that each UK Government recognises the significant psychological support needs of young people with cancer and makes a formal commitment to providing them with the tailored support they need.

This must include factoring these needs into national cancer strategies, Children and Young People (CYP) Cancer Plans, Covid-19 cancer recovery plans and associated funding for cancer, mental health and young people.



2. UK Governments must provide ringfenced funding to ensure all young people can access support from specialist psychologists to help them through cancer.

Not every young person with cancer is offered support from specialist psychologists who are experts in teenagers and young people with cancer and, of those who are, this is not always immediately after they are diagnosed. This must change so that all young people have the option of accessing this support – whenever they need it – from the point of diagnosis. It must be accessible within a reasonable timeframe so that no young person’s mental health needlessly deteriorates.

UK Governments must allocate ringfenced funding for specialist psychologists and collaborate with the NHS to establish the level of need in each Trust so they can appropriately resource these posts for their patients – including for preventative work. This will ensure that every young person with cancer is able to access formal psychological support regardless of where they live or are receiving treatment.

3. UK Governments must work with the NHS, Teenage Cancer Trust, and other experts to develop and fund the delivery of a comprehensive blueprint of psychological care for young people with cancer that meets their unique needs.

This report demonstrates how important it is for young people to be able to access psychological support from a range of sources – from peer support and healthcare professionals with additional training in psychological support, through to specialist psychologists – to meet all their mental health needs. To ensure that every young person with cancer can access this, regardless of where they live and receive treatment, it is vital that UK Governments work with Teenage Cancer Trust and other national and local experts, including commissioners and system leaders, to develop a universal offer of psychological support for young people with cancer.

This ‘blueprint of psychological care’ must draw on insight from young people and contain measurable outcomes that must be delivered for this patient group. Where relevant, this work should factor into the creation of national cancer strategies and other relevant plans. The roll out of the blueprint must be fully funded on an ongoing basis; however, recently announced mental health recovery funding in each nation in relation to the pandemic could be used for this in the first instance.

THIS REPORT DEMONSTRATES HOW IMPORTANT IT IS FOR YOUNG PEOPLE TO BE ABLE TO ACCESS PSYCHOLOGICAL SUPPORT FROM A RANGE OF SOURCES

ENDNOTES

ⁱ The Office for National Statistics, (2021) [Labour market overview, UK: March 2021](#)
Accessed 27 May 2021

ⁱⁱ World Health Organization, (2018) [Mental health: Strengthening our response](#)
Accessed 17 May 2021

ⁱⁱⁱ Young Lives Vs Cancer, (2017) [Hidden Costs](#)

^{iv} Jacobson, (2018) Psychological Need and its Identification in Teenage and Young Adult (TYA) Cancer

^v Teenage Cancer Trust (2016) What really matters to young people with cancer

^{vi} Teenage Cancer Trust (2016) [The Blueprint of Care – for teenagers and young adults with cancer](#) (Second Edition)

^{vii} The Prince's Trust (2021) [Youth Index 2021](#) (The Prince's Trust, London)
Accessed 17 May 2021

^{viii} Young Minds (2020) [Coronavirus: Impact on Young People with Mental Health Needs](#)

^{ix} Teenage Cancer Trust (2020) [Cancer x Coronavirus: The impact on young people](#)

^x Young Lives Vs Cancer (2020), [Cancer and Coronavirus: As Tough as it Gets?](#)
Accessed 17 May 2021

^{xi} Unpublished: Jacobson et al. (2021) Psychological distress and resilience in a sample of Adolescents and Young Adults with cancer during the COVID-19 pandemic



www.teenagecancertrust.org   

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales), SC039757 (Scotland)

