

Patient FAQs

Guide to Psychosocial Support After a Cancer Diagnosis



TREE TOP
HOSPITAL

Understanding Your Feelings

A new cancer diagnosis can bring shock, fear, sadness, or anger. These feelings are normal. Everyone copes in their own way, and it's okay to ask for help.

1 Why Psychosocial Support Matters

Cancer affects not only the body, but also the mind, emotions, family, and daily life. Support helps you:

- Reduce stress and anxiety
- Cope better with treatment
- Improve quality of life
- Stay connected with loved ones
- Make informed decisions about care



2 Types of Support Available

For Patients

- **Counseling & therapy:** Talking to a psychologist, counselor, or social worker.
- **Support groups:** Meeting others with similar experiences at Cancer Society of Maldives.
- **Mind-body practices:** Relaxation, meditation, gentle yoga, breathing exercises.
- **Spiritual care:** Support from Islamic academics, books and online content on Islamic perspectives on illness and how to cope.



For Caregivers

- **Emotional support:** Counseling to help manage stress and prevent burnout.
- **Practical guidance:** Tips for caregiving routines, medication management, and balancing self-care.
- **Respite services:** Short breaks to rest and recharge.



3 How Families & Friends Can Help



Stay connected

Talk to loved ones regularly.



Stay informed

Ask your healthcare team questions; knowledge reduces fear.



Keep a journal

Writing feelings down can help process emotions.



Maintain routines

Simple daily structure provides stability.



Allow yourself to rest

Healing takes time, both physically and emotionally.

4 Taking Care of the Caregiver

- Remember your health matters too.
- Take short breaks for yourself each day.
- Eat well and stay active.
- Don't hesitate to ask for help from friends or other family members.
- Seek support if you feel overwhelmed — counseling can help caregivers too.

5 When to Seek Professional Help

Reach out to your healthcare team if you or your caregiver experience:

- Ongoing sadness or hopelessness
- Trouble sleeping or eating
- Feeling overwhelmed, anxious, or panicked
- Difficulty coping with daily activities
- Thoughts of harming yourself



Resources & Support Services

1

TTH oncology team

First point of contact for referrals



2

Counseling services

Ask TTH for available programs



3

Local and online support groups

Cancer society of Maldives offers peer-to-peer encouragement



4

Community and Islamic organizations

Often provide comfort and support



A Message of Hope



You are not facing cancer alone.
With medical care, emotional support, and
the strength of family and community, many
patients find resilience and peace during
their journey.



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