Counselling service

Living with leukaemia, MPNs or MDS can take a toll on your emotional wellbeing as well as your physical health. We know counselling is often hard to access, so we created the **Leukaemia Counselling Service** to give patients and families the chance to get the support they need.

To go straight to the application form, please click here.

About the Counselling service

Through this service, you can apply for funding towards counselling. Sessions can be face-to-face, by phone, or online, and will be delivered by a qualified counsellor.

Any money will be paid directly to the approved counsellor.

We hope this service makes it easier to find emotional support at a time when waiting lists are long and demand is high.

What the service offers

- **Funding of up to £420 per applicant which is paid directly to a counsellor.**
- **Sessions with counsellors registered with the counselling register.**
- **Relationship counselling through Relate (BACP-affiliated) if linked to your diagnosis.**
- **Flexibility: sessions can take place face-to-face, by phone, or via webcam.**
- **Available across the UK.**

Who can apply (eligibility)

You can apply if you are:

- A patient with the diagnosis of leukaemia, MPNs or MDS

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- A parent, sibling, child or spouse of someone with one of these diagnoses.
- A UK resident

You must be seeking counselling as a direct result of a leukaemia, MPN or MDS diagnosis - either your own, or a loved one's.

Examples of eligible situations

- Coping with diagnosis
- Support after relapse or post-treatment
- to parents or family members managing new responsibilities.
- Patients post-stem cell transplant
- Patients struggling with fertility issues after treatment
- Support after a terminal diagnosis
- Bereavement counselling for close family
- Play therapy for children

What the service does not cover

- Continuation funding if you are already in therapy
- Retrospective funding for past therapy (therapy you have previously paid for yourself)

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- Counselling from a relative, friend, trainee or non counselling registered professional
- Counselling outside of the UK

Important

Individuals are unable to apply to the counselling grant if they have received the grant previously.

How to apply

The service is available year-round but funding is limited and allocated on a **first-come, first-served basis**.

Testimonial

> I found out about Leukaemia Care and their Counselling Service through St James's Hospital, and it was a total life saver! It's an excellent service and so easy to organise. It helped me to get all my thoughts out of my head and acknowledge them, and to not be so hard on myself. I think I was just plodding on and not addressing things, so it was useful to be able to talk to someone impartial.
>
> *— A counselling service user in 2025*

How much funding can I get?

Up to £420 per applicant.

Can my sessions be online?

Yes, counselling can be face-to-face, over the phone, or by webcam.

Do I need to choose a specific counsellor?

Yes, your counsellor must be registered with the **BACP** or **UKCP**.

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Can carers or family members apply?

Yes. Parents, spouses, siblings and children can apply if the counselling is related to a loved one's diagnosis.

Is the service available outside the UK?

No. The service is only available in the UK.

I benefitted from the counselling service two years ago - can I reapply?

Individuals are unable to apply to the counselling grant if they have received the grant previously.

Contact us

If you have questions about the application process, we're here to help.

- **Helpline**: 08088 010 444 (ask to speak to Lucy Coe)
- **Email**: grants@leukaemiacare.org.uk
- **WhatsApp**: 07500 068 065

Impact of the counselling service

In 2025, we were able to provide 108 people with access to counselling sessions through our counselling service. If you are able to, please support our counselling service with a donation.