

## Mental Health Support During Cancer Diagnosis and Treatment

### Overview – What is Mental Health Care in Oncology?

Receiving a cancer diagnosis or undergoing treatment can bring profound emotional challenges. You may experience anxiety, low mood, sleep disturbances, and difficulties adjusting to the many changes that arise. These reactions are common and understandable responses to a life-changing experience. This service provides specialist psychiatric care, including highly skilled pharmacological support, to help manage emotional distress safely and effectively during cancer treatment. We focus on understanding your experience, reducing psychological symptoms, and offering evidence-based strategies and medications tailored to your individual needs and medical context.

### What to Expect

The process begins with a comprehensive assessment tailored to your situation:

- A detailed clinical history exploring emotional responses to diagnosis, treatment plans, and their impact on daily functioning and relationships.
- Careful evaluation of symptoms such as anxiety, sadness, irritability, sleep problems, fatigue, loss of motivation, and intrusive thoughts.
- Consideration of any previous mental health history, coping strategies, and personal strengths.
- Clinical interpretation to clarify whether symptoms reflect an adjustment reaction, an anxiety or depressive disorder, or a combination of factors.
- A personalized care plan that may include psychoeducation, psychotherapy, and, when appropriate, pharmacological treatment compatible with your ongoing medical therapies.
- Close coordination with your oncology team to ensure integrated support and safe treatment choices.

## Session Format

- Each consultation lasts 45 minutes.
- Sessions can be held in person or via secure video call, depending on your preference.
- A summary of recommendations is always provided at the end of the consultation.

## Areas of Focus

This service can support you if you are experiencing:

- Anxiety, panic symptoms, or constant worry about health and treatment outcomes
- Depressive symptoms such as sadness, loss of interest, low energy, or hopelessness
- Sleep disturbances and fatigue
- Emotional distress affecting relationships and daily functioning
- Difficulty coping with uncertainty and changes in identity or roles
- A desire for guidance on safe and effective pharmacological treatment options compatible with cancer care
- Support in developing adaptive coping strategies and maintaining emotional resilience

## Our Approach

As medical doctors specialized in psychiatry, we understand the complexity of treating emotional distress in patients undergoing cancer care. We are trained to distinguish between psychological symptoms and treatment-related side effects and to select pharmacological options that are both effective and safe within the context of ongoing medical therapies.

Our clinical approach is diagnostic, integrative and highly personalized. We evaluate each case with attention to symptom origin, whether psychological, neurobiological or reactive, and build a tailored plan that may include medication, psychotherapy or both. We collaborate closely with oncology teams to ensure consistency across treatments and to monitor for potential drug interactions or contraindications.

Beyond technical expertise, we offer compassionate support, helping you regain a sense of emotional clarity and control in a time of uncertainty. Our goal is to preserve your

Psychological wellbeing without compromising physical care, supporting the whole person, not just the illness.



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