

How to access the Cancer and Mental Health e-learning on your Device: PC / Laptop / tablet or phone.

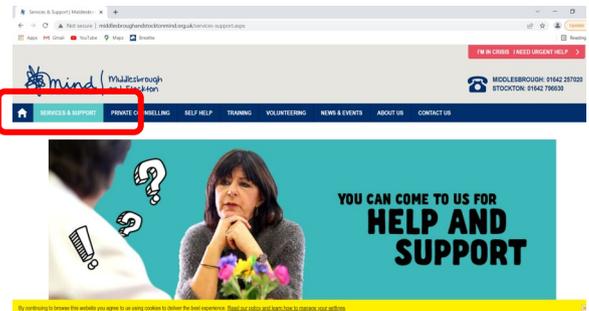
To access the cancer and mental health e-learning you will need access to the internet. On some devices you may need to scroll to the bottom of the page to find the links described. But the steps described in this guide will be the same.

There are two ways you can find the cancer and mental health e-learning:

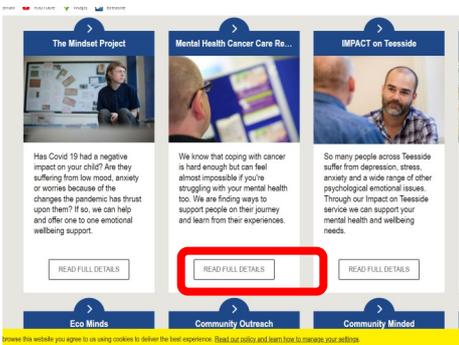
- 1) Via Middlesbrough and Stockton Mind's website
- 2) Via Recovery College On-line website

1) Via Middlesbrough and Stockton Mind's website

Step 1: Open your internet browser / search engine
e.g. Firefox/Google /



Step 2: Search for Middlesbrough and Stockton Mind
website: www.middlesbroughandstocktonmind.org.uk

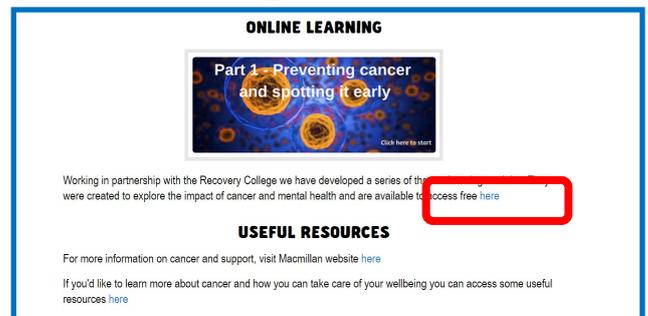


Step 3: Click the **Services and Support** tab. Scroll down the page until you see **Mental Health and Cancer Tab**.

Step 4: Click **Read Full Details**.

Step 5: Scroll down the page until you see the heading **Online Learning**.

Step 6: Click the word **here** highlighted in blue. This will take you directly to the e-learning.

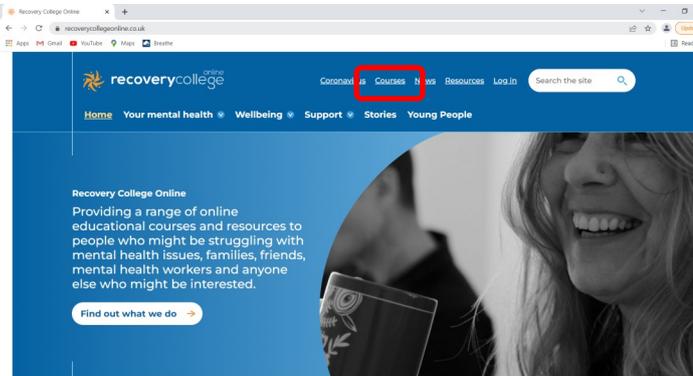


For more instructions on using the e-learning, go to pages 2 and 3 of this guide.

2) Via Recovery College On-line website

Step 1: Open your internet browser / search engine e.g. Firefox / Google

Step 2: Search for the Recovery College On-line website: www.recoverycollegeonline.co.uk click on the **Recovery College on-line** link to launch the Web page.



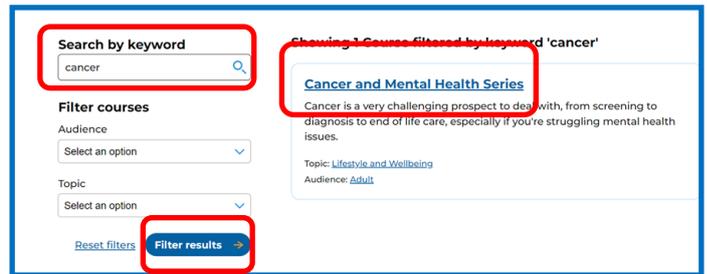
Step 3: On the top banner of the launch page, find and click the **Courses** tab. If you can't see this, select the Menu option and scroll down until you see **Courses**.

Note- if you use the search box at the top of the launch web page for the Recovery College online website and search for cancer or cancer and mental health, you will not see the blue cancer and mental health series title.

Step 4: Scroll down the page until you find a search box. Type cancer or cancer and mental health in the search box and click:

Filter Results.

Step 5: Click on the blue title: **Cancer and Mental Health Series** and this will take you to the course page.



Step 6: Read the introduction. Scroll down the page and click the link:

Go to Cancer and Mental Health Series.

Choose which part of the course you wish to look at. You don't have to look at each one in order.

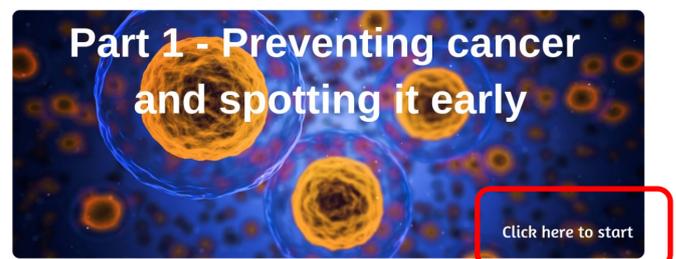
There are three parts to the course:

Part 1: Preventing cancer and spotting it early

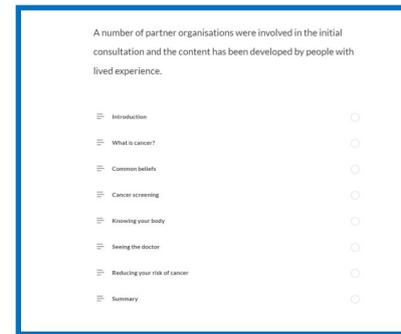
Part 2: Diagnoses and receiving treatment

Part 3: Living with and beyond cancer

Step 7: When you have chosen which part you wish to look at, select **Click here to start**.



Step 8: Click: **Start course** or scroll down the page to see the selection of modules in the course and click on the title of the topic you which to learn more about.

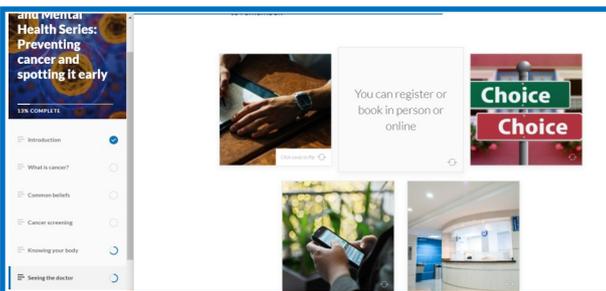


What can I expect in the course?

You will meet Brian and Kathleen who are fictitious service users who live with a mental health condition. Follow them as they go through their cancer journey.

Quotes from service users and carers who have experienced cancer are also included.

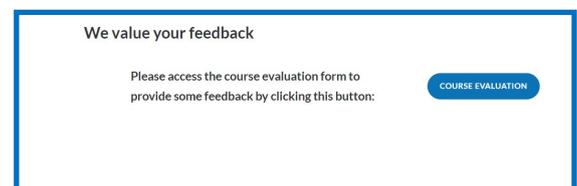
You will find information about cancer, coping with cancer and the treatment and what happens after treatment finished. There are hints, tips and tools for looking after your mental health throughout the course.



The course encourages you to take part in short quizzes, click boxes for more information and download worksheets to help you record activities, tools and tips that will help you look after your mental health when you are affected by cancer.

Step 9: Evaluation—Please give some feedback on the e-learning

At the end of Parts 1,2 & 3, there is an short evaluation form. We would appreciate it if you could fill in the form to give us some feedback so we can continue to improve the content of the e-learning. Thank you.



All the information contained in this e-learning was developed in partnership by people with lived experience of mental health conditions and affected by cancer, the team at the Recovery College on-line, Macmillan, Cancer Research UK and health professionals working in cancer, mental health and primary care services. We thank everyone for their assistance in creating this e-learning resource.

Disclaimer: If you are concerned or worried about any information you have obtained or been told, please seek support from: Your GP / Your mental health care co-ordinator / Macmillan Support Line: 08088080000 / Cancer Research UK Helpline: 08088004040 / The Samaritans helpline: 116123