Ways blood cancer can impact mental health



Living with blood cancer can be challenging, and those affected may experience different ups and downs throughout their journey. It is important to remember you are not alone, and that there are things that can be helpful to keep in mind.

The following experiences of mental health after diagnosis have been shared by people living with blood cancer.

Key insights

"Being diagnosed with blood cancer and undergoing treatment meant at some points, I no longer recognised the person staring back at me in the mirror."

"I experienced so much anger after my diagnosis. I knew I needed to talk to a professional. It made me realise that finding the right support, on your own terms, is so important."

"I sometimes feel that when you have a blood cancer, you can feel slightly forgotten about online and in the news, when other types of cancers get lots of interest the media."

Some suggestions on what can help to support your mental wellbeing include:[1]

- Stay connected with friends and family
- Continue your hobbies or find new ones
- Take part in physical activity; build up gradually and pace yourself
- Be kind to yourself, and accept your feelings rather than trying to hide them
- Arrange things to look forward to
- Seek professional psychological support

Share this information guide to raise awareness of the impact of blood cancer on mental health.

Watch the campaign videos and learn more at J&J withMe UK.

Note: All information is for guidance and does not replace medical advice.

1. Blood Cancer UK. Blood cancer: mind and emotions. Available at https://bloodcancer.org.uk/understanding-blood-cancer/life-with-blood-cancer/living-well/mind-emotions. Last accessed June 2026.

Johnson&Johnson

CP-570914 | November 2026