

"I have cancer. Is there someone I can talk to?"

What are Psychosocial Cancer (Oncology) Services?

Cancer affects more than your body. It has an impact on your whole life.

Many people with cancer find that talking with a professional health care counsellor can be very helpful. Doctors and nurses are the experts in treating cancer, but you are the expert in the way cancer affects your life. Counselling can help you to find strength and meaning. It can also help you cope, adjust, and find solutions to problems.

Psychosocial Cancer Services provide professional counselling and support for patients and their families. You can get counselling on your own or with members of your family. You can also get counselling in groups, either in-person or online.

The health care professionals who provide counselling and therapy include:

- Psychologists
- Psychiatrists
- Social Workers
- Nurses
- Spiritual Care Counsellors
- Cancer Patient Navigators

In Halifax, there is a psychosocial cancer team at the Nova Scotia Cancer Centre. The team provides counselling to anyone attending the QEII cancer programs.

If you are outside Halifax, check with your Cancer Patient Navigator, social worker, nurse, or doctor to find out about services in your district.

How can Psychosocial Cancer Services Help Me?

Psychosocial Cancer Services can help you with many issues. Some of these are:

- Coping with diagnosis, treatment and symptoms
- Living with not knowing
- Worries, fears and anxiety
- Depression
- Regret, guilt, and anger
- Meaning
- Faith and hope
- Questions about dying
- Body changes and sexuality
- Family and couple communication
- Stress management

- Self care and support groups
- Financial issues
- Grief
- Other practical concerns

For more information, call:

- Halifax: 902-473-6067 (Nova Scotia Cancer Centre)
- All other areas: 1-866-524-1234 (Cancer Patient Navigators)
- Sydney: 902-567-8551 (Social Worker at the Cape Breton Cancer Centre)

Developed by: Cancer Care Nova Scotia Provincial Supportive Care Site Team

Approved by: Nova Scotia Cancer Patient Education Committee