



Whatever your situation,
we'll listen and support.

 13 11 20

 cancerqld.org.au/chat

 131120@cancerqld.org.au

Monday – Friday • 9am – 5pm
Closed public holidays

Get in touch with us to access:

- Cancer counselling
- Peer support
- Accommodation
- Transport
- Resources & Information
- Financial counselling
- Wigs & Turbans

For cancer information and support in a language other than English, call our free interpreter service on **13 14 50**.

If you are deaf or have a hearing or speech impairment, contact us through the National Relay Service, relayservice.gov.au

What is the Cancer Counselling Service?

We offer cancer-specific counselling within a stepped model of care. This means our clients are matched with trained, experienced nurse counsellors and psychologists. Our service is provided via telephone and video conferencing, with face-to-face appointments available in some locations.

We understand people's support needs vary, and our experienced team will work with you to provide support that best suits your situation.

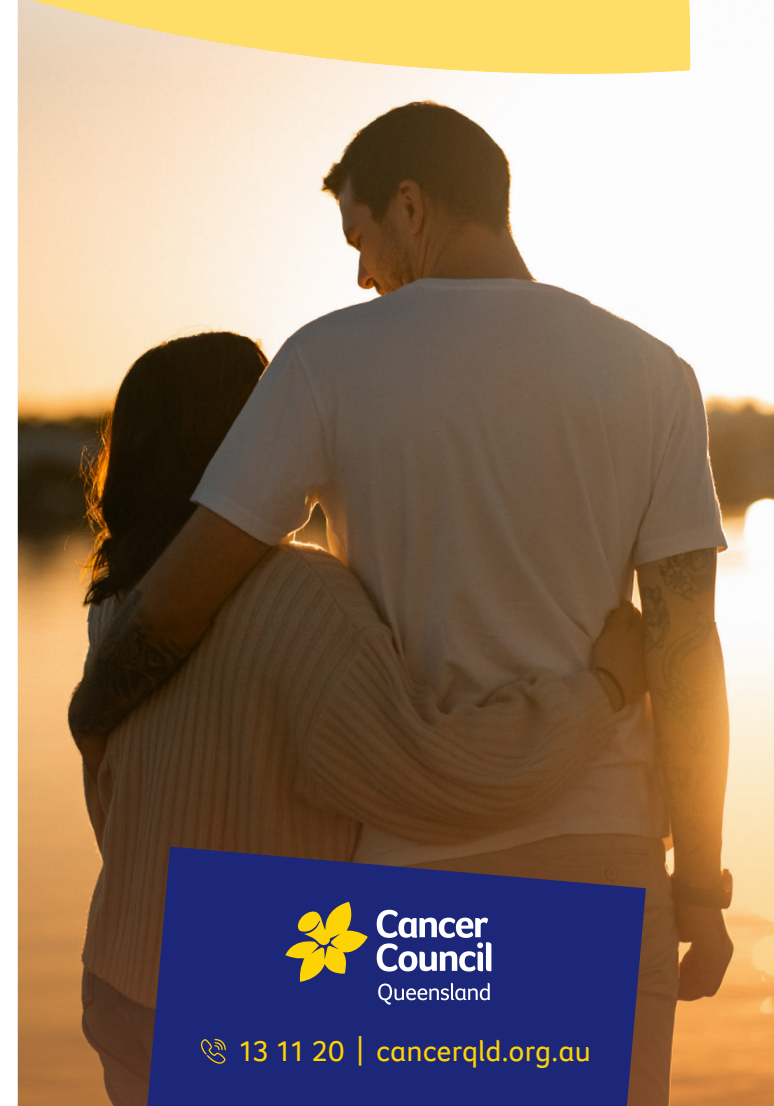


cancerqld.org.au

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Cancer information
& support services

Cancer Counselling Service



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What issues can the Cancer Counselling Service help me with?

As you navigate cancer, professional counselling can help you at every stage. From diagnosis, through treatment and survivorship to end of life and palliative care and grieving.

We can assist with a range of cancer concerns including:

- Adjusting to life with cancer
- Stress and difficulty coping
- Depression
- Anxiety
- Sleep difficulties
- Loss
- Family or relationship problems
- Treatment side-effects
- Sexual problems
- Uncertainty about the future
- Survivorship
- Fear of recurrence
- Therapy related to end of life
- Bereavement support



Psychology service

Those experiencing high levels of distress may be linked directly to our psychology service. Our psychologists provide more intensive support via one-on-one counselling sessions.

Nurse counsellor service

Our nurse counsellors provide up to two sessions of guided self-help via telephone or video conferencing.

They offer guidance and tips on coping with the effects of cancer or adjusting to life with or after cancer. They also provide support when making treatment decisions and addressing treatment concerns.

Who can access the Cancer Counselling Service?

This service is available to anyone aged over 18 who is experiencing distress due to cancer, including family and friends.

Are there fees?

Cancer Council Queensland is supported by the generosity of the community, who help us provide our services at no cost to our clients.

We ask clients referred to our psychology service to consider getting a referral with a Mental Health Care Plan from their GP. This plan allows us to communicate directly with your GP about your care.

Sessions with a Mental Health Care Plan will be bulk billed to Medicare with no out-of-pocket costs to our clients.

Make an appointment

Call 13 11 20 to speak to one of the team, who can refer you to the Cancer Counselling Service.

Once your referral is submitted, we will contact you within two business days to make an appointment.

Appointments are available Monday to Friday during working hours, with limited after-hours appointments available by arrangement.