

Sometimes it can be helpful to talk with a professional

"I know that cancer is hard and that there would be times I would cry. But I noticed I am crying all the time. I cannot seem to stop!"



If you are experiencing

- **DIFFICULTIES** dealing with your day-to-day activities
- **CHANGES** in your eating and sleeping habits
- **PERSISTENT** feelings of anxiety, irritability, depression
- **DIFFICULTIES** dealing with these feelings and changes on your own
- **FINANCIAL** hardship

Explore resources at your cancer centre

- **PATIENT** and Family Counselling Services
 - **GOAL** focused counselling
 - **VOCATIONAL** rehabilitation counselling
- **PSYCHIATRY** — physician referral

Explore these resources in your community

- *Your family doctor*
- *Your employer assistance program*
- *Your school counsellor/student services*
- *Your spiritual advisor*
- *Check with professional associations (social workers, clinical counsellors, mental health specialists, psychologists)*

ON-LINE RESOURCE

CANADIAN VIRTUAL HOSPICE

www.virtualhospice.ca

PALLIATIVE CARE EXPERTS can answer questions about terminal illness, end-of-life care, loss and grief.

These resources are always available

HEALTH LINK BC
www.healthlinkbc.ca

DIAL 8-1-1

A **PHONE SERVICE** for non-emergency pharmacy, nursing and nutrition concerns is available 24 hours a day, 7 days a week.

CRISIS LINE BC
crisiscentre.bc.ca

1-800-784-2433

THE CRISIS CENTRE provides emotional support to youth, adults and seniors in distress. A phone service for people feeling distress or despair is available 24 hours a day, 7 days a week.

BC CANCER AGENCY

PATIENT & FAMILY COUNSELLING

(OUR-SERVICES/SERVICES/PATIENT-FAMILY-COUNSELLING)

HOURS: MONDAY TO FRIDAY 8:30 AM – 4:30 PM

ABBOTSFORD CENTRE

604-851-4733 TOLL FREE 1-877-547-3777

SAH CENTRE FOR THE SOUTHERN INTERIOR

250-712-3963 TOLL FREE 1-888-563-7773

CENTRE FOR THE NORTH

250-645-7330 TOLL FREE 1-855-775-7330

FRASER VALLEY CENTRE

604-930-4000 TOLL FREE 1-800-523-2885

VANCOUVER CENTRE

604-877-6000 TOLL FREE 1-800-663-3333

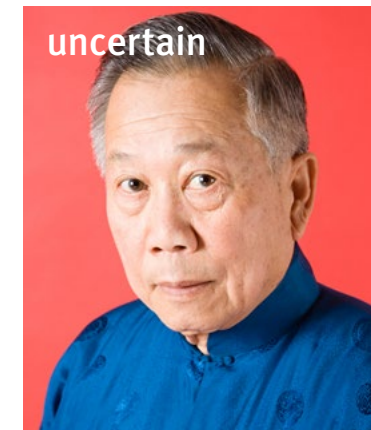
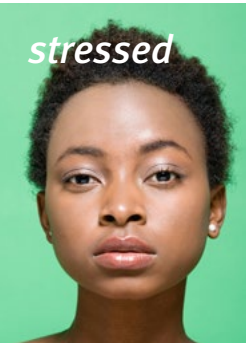
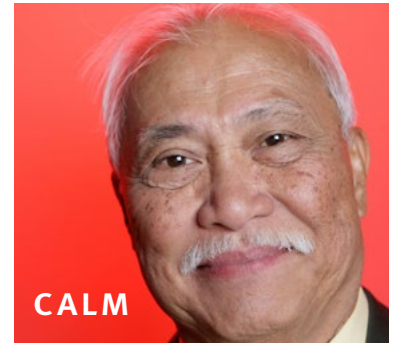
VANCOUVER ISLAND CENTRE

250-519-5525 TOLL FREE 1-800-670-3322

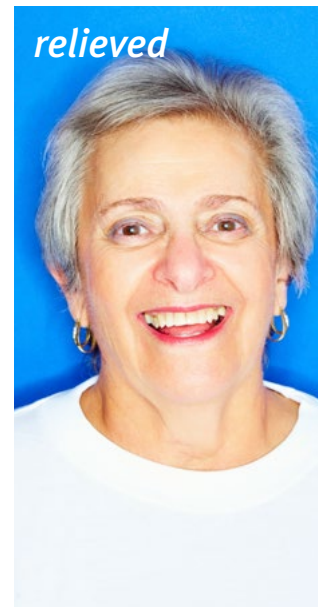
Funding provided by the BC Cancer Foundation

 **BC Cancer Agency**
CARE + RESEARCH
An agency of the Provincial Health Services Authority

EMOTIONAL HEALTH + CANCER



Would you like to be connected with a professional?



Every experience with cancer is unique.
Whatever you're feeling we're here to support you.



Would you like to speak with someone who has had the same type of cancer as you?



www.bccancer.bc.ca/emotional-support

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If you are experiencing distress and would like information more specific to your situation, speak to your doctor and the health professionals involved in your care.

This pamphlet provides general information to help answer frequently asked questions. It is not intended to be a comprehensive listing of resources. Some of the information may change.

BC Cancer Agency, Psychosocial Oncology

Resources helpful to everyone

“It’s a complicated experience — being diagnosed with cancer. As well as emotional! My family and I have many supports; however, it is still not quite enough. How can I cope?”

- I want to know more about what to expect in the treatments ahead?
- Are there resources that can help with finances as well as travel and lodging during my cancer treatments?
- Everyone is giving me advice now — how can I find out what’s useful?
- Where can I find out more information about my diagnosis and treatments?



BC CANCER AGENCY

www.bccancer.bc.ca

(HEALTH INFO/COPING-WITH-CANCER)

PROVIDES INFORMATION ON all types of cancer and their treatments. The “Coping with Cancer” section of the website includes many resources as well as information for all persons diagnosed with cancer.

LIBRARY SERVICES & CANCER INFORMATION CENTRES

www.bccancer.bc.ca/our-services/services/library

MAIN LIBRARY — 1-888-675-8001 EX. 8001

COMPREHENSIVE LIBRARY SERVICES for cancer information with librarians to assist you.

FACTS4TEENS

facts4teens.bccancer.bc.ca

WEB RESOURCES TO help teens with the facts and feelings linked to someone having cancer.

CANCER IN MY FAMILY

www.cancerinmyfamily.ca

A WEBSITE FOR young children who have a family member with cancer.

CANADIAN CANCER SOCIETY — CANCER INFORMATION SERVICE

www.cancer.ca 1-888-939-3333

TRAINED INFORMATION SPECIALISTS provide information about all cancers, the Cancer Society’s Financial Support Program and lodge accommodations and referral to community services. Interpreter service is available in over 100 languages.



Sometimes it can be helpful to talk with other patients

“Fear, anger, sadness, happiness, depression, jealousy...you name it and I felt it. It was important for me to hear from other people that was OK and they had felt some of the same things at the same time that I did.”

- How do I find someone to talk to who has gone through this?
- Are there cancer support groups in my area and how do I contact them?
- I’m worried about the side effects of treatment?
- I’m hoping to work through treatment. How have others managed this?

Resources

BC CANCER AGENCY

www.bccancer.bc.ca

(OUR-SERVICES/CLINICS&CENTRES/SUPPORT PROGRAMS)

SUPPORT GROUPS AND COUNSELLING SERVICES are available at all cancer centres. Check on-line for monthly calendars and program descriptions. Contact numbers for your local cancer centre’s Patient & Family Counselling Services are located on back of this handout.

CANADIAN CANCER SOCIETY — CANCERCONNECTION

cancerconnection.ca

1-800-822-8664

A CONFIDENTIAL TELEPHONE based peer support program. Individuals are matched with a trained volunteer who has had a similar cancer experience. Volunteers listen and offer support.

ON-LINE SUPPORT — CANCER CHAT CANADA

cancerchatcanada.ca

1-844-725-2476 (Toll Free)

CANCER CHAT CANADA PROVIDES free, professional-led online support groups for Canadians affected by cancer; including patients, survivors and family members. This program is under the leadership of the de Souza Institute, University Health Network, in Ontario.

