



# Health & Support Services for People Living with Liver Cancer

People living with cancer have many needs: physical, emotional, practical and more. You are not alone. This page lists some services on Vancouver Island that you can turn to for support.

Most important: find a regular family doctor/primary care provider that you trust. People who have an ongoing relationship with a family doctor experience better care because your doctor knows and understands your background and medical history.

## **Resources for Emotional Support**

### **BC Cancer Agency Patient & Family Counselling**

Counsellors and social workers support patients and family members to manage stress, anxiety or depression, as well as problem solving, accessing financial assistance and end of life planning.

**Phone: 250.519.5525 or 1.800.670.3322**  
[www.bccancer.bc.ca/RS/VancouverIslandCentre/sprograms.htm](http://www.bccancer.bc.ca/RS/VancouverIslandCentre/sprograms.htm)

### **Cancer Connection**

The Canadian Cancer Society hosts this free online community discussion board.

**Phone: 1.888.939.3333** [www.cancerconnection.ca](http://www.cancerconnection.ca)

### **Cancer Chat Canada**

Free, professional-led confidential on-line support for Canadians affected by cancer.

**Phone: 1.800.663-3333 ext. 4965** [www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

## **Resources for Health and Nutrition**

### **HealthLink BC**

Talk with a Registered Nurse, Pharmacist or Dietitian familiar with liver cancer. This free service is available in 130 languages.

**Phone: 811 (for deaf and hearing-impaired: 711)** [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

### **Island Health Home and Community Care**

Supports people to improve quality of life and remain at home for as long as possible.

**Phone: 250.388.2273 or 1.888.533.2273** [www.viha.ca/hcc](http://www.viha.ca/hcc)

### **Island Health Mental Health and Substance Use**

Screening, assessment, treatment and referrals to mental health and substance use programs.

**Phone: 250.370.8175** [www.viha.ca/mhas](http://www.viha.ca/mhas)

### **Victoria Hospice Society**

Support to find a way through the emotions and practical realities of coping with illness.

**Phone: 250-370-8715** [www.victoriahospice.org](http://www.victoriahospice.org)

### **Cool Aid Society**

A team of outreach workers, nurses, doctors, dentists, pharmacists and counsellors help with housing, food and medical care for people experiencing addictions, mental health or chronic health conditions.

**Phone: 250.383.1977** [www.coolaid.org](http://www.coolaid.org)

### **Advance care planning**

Advance care planning allows you to have a say in the health care you will receive if you are too sick to speak for yourself.

[www.viha.ca/advance\\_care\\_planning/](http://www.viha.ca/advance_care_planning/)

## **Resources for Practical Support**

### **HepCBC Hepatitis C Education & Prevention Society**

Information and confidential support via web, phone, and in-person groups for anyone living with or affected by hepatitis C.

**Phone: 250.595.3892 (message phone)** [www.hepcbc.ca](http://www.hepcbc.ca)

### **AIDS Vancouver Island**

Support and information for people living with HIV and/or hepatitis C across Vancouver Island.

**Phone: 1.800.665.2437** [www.avi.org](http://www.avi.org)

### **Victoria Immigrant and Refugee Centre Society:**

Provides information, referral and support for immigrants and refugees in 18 languages.

**Phone: 250.361.9433** [www.vircs.bc.ca/](http://www.vircs.bc.ca/)

## **More information**

### **BC Cancer Agency Website**

Information on coping with cancer, emotional and practical support, pamphlets, information about liver cancer, etc.

[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

### **BC Cancer Agency Library**

Medical librarians help patients, families, caregivers and friends find information before, during and after treatment.

**Phone: 250.519.5517** [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library)

### **BC Cancer Agency-Vancouver Island Lay Navigators**

Lay navigators are volunteers who share information on services and resources available within and outside of the cancer centre.

**Phone: 250.519.5413**