

Psychosocial Support when Coping with Cancer

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

Cancer affects more than your body. It impacts many areas of your life. Many people with cancer find that talking with a Psychosocial Oncology health care professional can be helpful.

Psychosocial Oncology health care professionals provide psychotherapy, counselling, and other supports for individuals dealing with cancer. You can access services on your own, or with members of your family or other support persons. Services may be offered in person, on the phone or by virtual care.

Some Support Groups are offered and may be held in person, or through virtual care. Various Education Sessions are also offered through virtual care. Recorded versions of these sessions are available to watch at home, <https://vimeo.com/showcase/cancereducation>.

The Psychosocial Oncology health care professionals who provide services are:

- Psychologists
- Psychiatrists
- Social Workers
- Nurses
- Spiritual Care Counsellors

How can Psychosocial Oncology Services Help?

Psychosocial Oncology Services can help you with many **cancer-related issues**, such as:

- Coping with diagnosis, treatment and symptoms
- Living with uncertainty
- Worries, fears and anxiety
- Sadness and depression
- Regret, guilt, and anger
- Meaning and hope
- Talking about dying
- Grief
- Body changes and sexual health
- Survivorship
- Communication
- Stress management
- Financial /practical concerns

If you would like to talk to a Psychosocial Oncology health care professional, ask your Cancer Care Team to refer you.

You can also self-refer for help by calling:

- If you live in HRM, the Psychosocial Oncology Self Referral Line 902-240-8129. If you have been referred and you are wondering about your referral, please contact the referral evaluator directly at the number listed above.
- If you live in Sydney, you can call the Social Worker at 902-567-8551.
- If you live in Yarmouth (Tri-Counties), you can call the Social Worker at 902-740-1704.
- If you live on the South Shore (Lunenburg/Queens Counties) or the Valley (Annapolis, Kings, and West Hants), you can call the Social Worker at 902-599-2945.
- If you live in the Antigonish area you can reach the Social Worker by contacting the Oncology Department at St. Martha's Regional Hospital at 902-867-4500 ext 4993.
- For all other areas please call 1-866-524-1234 to access your Cancer Patient Navigator.

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This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.