

## Emotional Support

A diagnosis of cancer can cause great emotional upheaval. Many people find they need to talk about their feelings and experiences about having cancer and cancer treatments and the effect on their lives. Many people with cancer find that talking to a professional counsellor can be helpful. Others also find comfort in a cancer support group where they can meet and socialise with people in similar situations, whilst other people find it more helpful to talk to an individual who has had cancer.

Carers of people with cancer may find many of these services helpful. Carers can also check the entries under Services for Carers.

### Cancer Support Groups

Cancer support groups offer a safe place for people with cancer to talk with others who have had similar experiences. Support groups may offer emotional, social and some practical support as well as information on cancer and related issues. Each support group is unique in what they provide. To find out more information on a group, or for information on starting and maintaining a self-help support group, contact the Cancer Council Helpline on 13 11 20.

#### ACT Brain Tumour Network

02 6258 3912

An informal and diverse grouping of people who have some familiarity with the brain tumour journey, either as professionals, patients, or current and former carers, some of whom are prepared to be contacted by newly diagnosed people and/or their family or carers for conversation and understanding. Meets once every three or four months in members' homes, alternating where possible between the north and southside.

#### Canberra Haematology Information and Support Group

The Leukaemia Foundation  
St Benedict's Parish Centre  
Jerrabomberra Avenue  
NARRABUNDAH ACT 2604  
[www.leukaemia.org.au](http://www.leukaemia.org.au)  
02 6286 9954

A support group for people affected by leukaemia, lymphoma, myeloma or related blood disorders and/or their families and friends. Meets the second Tuesday of every month from 10am-12pm.

#### Corpus Christi Cancer Support Group

Parish Centre  
167 Bugden Avenue  
GOWRIE ACT 2904  
02 6291 6688

A gathering of people who come together out of a common need to share, discuss and gain information and support regarding this major event in their lives. Meets on the first Wednesday of each month from 5.30pm-6.30pm (except for December and January).

#### Lung Cancer and Mesothelioma Support Group

Physiotherapy Exercise Room  
Building 3, Level 1  
The Canberra Hospital  
Yamba Drive  
GARRAN ACT 2605  
02 6244 3895

A facilitated support group for people with lung cancer r mesothelioma and/or their families and friends. Meets the second Tuesday of each month from 11am- 1pm.

#### Melanoma Patients Australia Canberra Support Group

[www.melanomapatients.org](http://www.melanomapatients.org)  
02 6236 5194  
0429 884 394

A support group for melanoma patients their families and friends. It meets monthly and provides information, support and fun.

#### Neuroendocrine Tumour (NET/Carcinoid) Support Group

Unicorn Foundation  
The Canberra Hospital  
Yamba Drive  
GARRAN ACT 2605  
[www.unicornfoundation.org.au](http://www.unicornfoundation.org.au)  
02 6297 3548

A support group for people affected by neuroendocrine tumours, carcinoid syndrome and related conditions. Meets every second month.

#### OvCan (ACT and Region)

Robertson Room  
St John's Parish Hall  
43-47 Constitution Avenue  
REID ACT 2612  
0450 962 058  
02 6292 0987

Aims to raise the awareness of ovarian cancer, to provide information on this to the community and medical profession and to support people affected by the disease. Meets the first Wednesday of each month, from 7.30pm–9.00pm.

### Prostate Cancer Support Group - ACT Region Inc.

<http://prostate-cancer-support-act.net/>  
02 6290 1984

The group comprises men who are dealing with prostate cancer and their partners. It provides support to men diagnosed with prostate cancer and to their families through personal contacts and monthly meetings which are open to all people. See the website for meeting times and further information about the group.

### St Gregory's Parish Cancer Support Group

St Gregory's Parish Centre  
47 Lowe Street  
QUEANBEYAN NSW 2620  
02 6297 1912

A self help group who share experiences, questions, information and concerns with one another. Participation is at a level each individual finds comfortable. The group meets on the third Tuesday of each month at 5.30pm.

## Other Cancer Support

### ACT Specialist Breast Care Nurses

Calvary Hospital  
Haydon Drive  
BRUCE ACT 2617  
02 6201 6943

Provide information, support and referral to women and men with breast cancer, their partners, family and carers through all public and private hospitals across the ACT and Queanbeyan.

### ACT Eden Monaro Cancer Support Group

21 Cooma Street  
QUEANBEYAN NSW 2620  
[www.actemcsg.org.au](http://www.actemcsg.org.au)  
02 6297 1261

Provides a range of support services to families. This includes financial assistance, family functions and counselling services.

### Bosom Buddies

S.H.O.U.T Office  
Pearce Community Centre  
Collett Place  
PEARCE ACT 2607  
[www.bosombuddies.com.au](http://www.bosombuddies.com.au)  
0419 698 188 (24 hour support line)  
02 6290 1984

A group of women who have all experienced breast cancer and who are committed to supporting women from the time of diagnosis through treatment.

### Cancer Connections

[www.cancerconnections.com.au](http://www.cancerconnections.com.au)

Cancer Connections is a new Cancer Council website with lots of resources for people with cancer, survivors and their partners, family and friends.

### Cancer Council ACT Education Programs

Cancer Council ACT  
5 Richmond Avenue  
FAIRBAIRN ACT 2609  
[www.actcancer.org](http://www.actcancer.org)  
02 6257 9999

Cancer Council ACT runs free education programs and forums for people with cancer, and their family and friends. They cover a range of topics including cancer and its treatments, living with cancer, survival skills and how to cope.

### Cancer Council Connect

Cancer Council ACT  
5 Richmond Ave  
FAIRBAIRN ACT 2609  
[www.actcancer.org](http://www.actcancer.org)  
02 6257 9999

A telephone peer support service that puts people in touch with others who have had a similar cancer experience. This is a Cancer Council service.

### Leukaemia Foundation

1 Walton St  
ISSACS ACT 2607  
02 6286 9954  
[www.leukaemia.org.au](http://www.leukaemia.org.au)

Provides emotional and practical support for people affected by leukaemia, lymphoma, multiple myeloma and related blood disorders and their families.

### Nurse Care Coordinators

Building 3  
The Canberra Hospital  
GARRAN ACT 2605

Nurse Care Coordinator, Advanced Breast Cancer  
02 6244 3896

Nurse Care Coordinator, Gastrointestinal Cancer  
02 6174 5269

Nurse Care Coordinator, Head and Neck Cancer  
02 6244 3446

Nurse Care Coordinator, Lung Cancer & Mesothelioma  
02 6244 3895

Nurse Care Coordinator, Malignant Haematology  
02 6244 3447

Nurse Care Coordinator, Prostate & Urological Cancers  
02 6244 3897

Specialised nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information, education and be a contact when you are not sure who to turn to for assistance.

### Counselling Services

Cancer can be a very stressful experience for the person diagnosed with the disease as well as for family and friends. Many find it helpful to receive assistance in coping with cancer and its treatments from a professional. In the ACT there are counsellors, social workers, psychologists and psychiatrists within the community who can provide counselling. Some charge reduced rates based on income level. Check directly with the service to find out information on fees.

### ACT Community Health

[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6207 9977

Provides social work, counselling and psychology services to ACT residents. Social work services are also provided through the major hospitals see Treatment Facilities for contact details.

### Cancer Counselling Service

Phillip Health Centre  
Cnr Corinna and Keltie St  
PHILLIP ACT 2606  
[www.health.act.gov.au](http://www.health.act.gov.au)  
02 6207 9977 (Community Health Intake for appointments)  
02 6205 1449

Provides free psychological, social and practical support and counselling for adult cancer patients, their families and carers.

### Catholic Care Canberra and Goulburn

Cnr Hicks and Nuyts Sts  
RED HILL ACT 2603  
[www.catholiccare.cg.org.au](http://www.catholiccare.cg.org.au)  
02 6162 6100

Provides quality support and counselling services to the Canberra community.

### Kids Help Line

[www.kidshelp.com.au](http://www.kidshelp.com.au)  
1800 55 1800

Anonymous, confidential telephone and online counselling for young people aged from 5 to 18 years, 24 hours a day, seven days a week.

### Lifeline Canberra

[www.lifeline.org.au](http://www.lifeline.org.au)  
13 11 14

A free telephone counselling and support service available to people of all ages, 24 hours a day seven days a week.

### Mensline Australia

[www.mensline.org.au](http://www.mensline.org.au)  
1300 78 99 78

A national telephone support service for men with family or relationship concerns. Also available to women or family members concerned about a male family member. It provides a confidential counselling service 24 hours a day, seven days a week.

### Relationships Australia (Canberra and Region)

15 Napier Close  
DEAKIN ACT 2600  
[www.relationships.com.au](http://www.relationships.com.au)  
02 6122 7100

A community-based not-for-profit organisation providing relationship support services to couples, families and individuals. Services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

**Social Work and Psychology Department**

Calvary Hospital  
Haydon Drive  
BRUCE ACT 2617  
[www.calvary-act.com.au](http://www.calvary-act.com.au)  
02 6201 6320

Provides counselling services for people affected by cancer who are patients of Calvary Health Care.

**St John's Care**

43-47 Constitution Ave  
REID ACT 2612  
[www.stjohnscanberra.org](http://www.stjohnscanberra.org)  
02 6248 7771

Provides a counselling service for loss and grief.