

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.

Cancer Council ACT Support Groups

Thursday Cancer Support Group

St Luke's Parish Centre
Newdegate St
DEAKIN ACT 2600
www.actcancer.org
02 6257 9999

A facilitated general cancer support group open to people with any type of cancer and/or their families and friends. Meets the first and third Thursday of each month from 12pm to 2pm.

Other Cancer Support Groups

ACT Brain Tumour Network

02 6258 3912
02 6247 0632
02 6259 3769

An informal and diverse grouping of Canberra and district residents 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.

Corpus Christi Cancer Support Group

Sacred Heart Parish Meeting Room
100 Casey Crescent
CALWELL ACT 2905
or
Holy Family Church Parish Meeting Room
Parish House
Cnr Bugden Ave & Castleton Cres
CALWELL ACT 2905
02 6299 0081
02 6292 9388

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 5.30pm-6.30pm.

Lymphoma Support Group

St Benedict's Parish Centre
Jerrabomberra Ave
NARRABUNDAH ACT 2604
www.leukaemia.org.au
02 6286 9954

A Leukaemia Foundation support group for patients, carers and family members affected by lymphoma. It aims to provide a welcoming environment where patients, their carers and family members can provide mutual support, share information and ideas in a non-hospital environment. Meets every two months and bookings are essential.

Melanoma Patients Australia Canberra Support Group

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.

Myeloma Support Group

St Benedict's Parish Centre
Jerrabomberra Ave
NARRABUNDAH ACT 2604
www.leukaemia.org.au
02 6286 9954

A Leukaemia Foundation support group for patients, carers and family members affected by myeloma. It aims to provide a welcoming environment where patients, their carers and family members can provide mutual support, share information and ideas in a non-hospital environment. Meets every two months and bookings are essential.

OvCan (ACT and Region)

Robertson Room
St John's Parish Hall
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

Room 22, Building 1
Pearce Community Centre
Collett Place
PEARCE ACT 2607
02 6290 1984

Offers assistance to men in the region who have prostate cancer. Partners are also welcome to attend. Meets the third Wednesday of the month from 7:00pm –10:00pm.

St Gregory's Parish Cancer Support Group

St Gregory's Parish Centre
47 Lowe St
QUEANBEYAN NSW 2620
02 6299 0081
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 6102

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
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
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.

Canberra and Region Asbestos Diseases Support (CRADS)

PO Box 143
YASS NSW 2582
0400 064 629
0419 418 879

A group of victims of asbestos related disease, their friends and families. Their focus is on victim support, research, advocacy for victims and legislative reform.

Cancer Connect

Cancer Council ACT
5 Richmond Ave
FAIRBAIRN ACT 2609
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 ACT service.

Leukaemia Foundation

1 Walton St
ISSACS ACT 2607
02 6286 9954
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. There are five nurse care coordinators based at The Canberra Hospital.

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
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 Psychosocial Services

Phillip Health Centre
Cnr Corinna and Keltie St
PHILLIP ACT 2606
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
02 6162 6100

Provides quality support and counselling services to the Canberra community.

Social Work and Psychology Department

Calvary Hospital
Haydon Drive
BRUCE ACT 2617
www.calvary-act.com.au
02 6201 6320

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

Kids Help Line

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
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.menslineaus.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.

St John's Care

43-47 Constitution Ave
REID ACT 2612
www.stjohnscanberra.org
02 6248 7771

Provides a counselling service for loss and grief.