



"Coming in for counselling together helped us to understand what each other was going through and also helped us to better support each other through John's treatment."

How do I access the Cancer Counselling Service?

Contact Cancer Council **Helpline** on **13 11 20**, Monday to Friday, 8am to 6pm.

Our Helpline staff can discuss your needs and arrange for the Cancer Counselling Service to call you.

Brisbane

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3634 5100

Cairns

169 Aumuller Street
Bungalow Qld 4870
Ph: (07) 4047 5500

Townsville

24 Warburton Street
North Ward Qld 4810
Ph: (07) 4796 8400

Rockhampton

43 Upper Dawson Road
Rockhampton Qld 4700
Ph: (07) 4932 8600

Sunshine Coast

Shop 4, Credit Union
Australia Plaza
Corner Maroochydore
Road and Baden Powell
Street
Maroochydore Qld 4558
Ph: (07) 5451 6000

Gold Coast

Corner Short Street
and Marine Parade
Southport Qld 4215
Ph: (07) 5503 3700

Toowoomba

137 Herries Street
Toowoomba Qld 4350
Ph: (07) 4690 5800



**For information and support call
Monday to Friday, 8am - 6pm
www.cancerqld.org.au**



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13 11 20
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Cancer Counselling Service



Why cancer counselling?

Finding out that you or someone close to you has cancer can be a difficult and stressful time. Treatment for cancer can be challenging, and sometimes getting back to everyday life afterwards seems daunting.

Counselling can help by providing the opportunity to talk through problems, learn new ways to manage stress, set new life goals and find effective ways to talk to family and friends about concerns.

What is the Cancer Counselling Service?

The Cancer Counselling Service is a free and confidential counselling service for people with cancer and those close to them. Counselling is available by telephone to anyone in Queensland affected by cancer. Face-to-face counselling is also available in Brisbane and selected regional offices.

What sorts of issues does the Cancer Counselling Service deal with?

The Cancer Counselling Service helps people deal with a range of issues; from stress and difficulty coping, to depression, anxiety, grief and loss, family or relationship problems, treatment side-effects and sexual problems. The Cancer Counselling Service provides the opportunity for people to talk about their difficulties with someone not connected to the situation, and also provides a way for people to learn skills and strategies that may help them cope better.

What about other counselling or support options?

The Cancer Council Helpline has information on a range of places you may be able to obtain support or counselling, depending on your needs and where you live. Cancer Council Queensland also provides group and one-to-one support programs. The Cancer Counselling Service can direct you to other support services should you need additional support.

The counselling team is professionally trained and experienced in helping people with cancer. The service is provided free by Cancer Council Queensland and operates by appointment from Monday to Friday. Contact our **Helpline** on **13 11 20** for further information about our services.

 Cancer Council
Helpline
13 11 20

What do people say who have used the Cancer Counselling Service?



“The counsellors know what cancer is. Normal counselling services often ask what things mean and you end up giving them a lesson in cancer treatment. The expertise of Cancer Council Queensland is fantastic.”



“ It was very helpful to be able to talk to someone other than family, friends and the medical team. It was important for me to be reminded to stay focussed on the reality of the situation, rather than worry about what might be. Thank you. ”