

Cancer Counselling Service – Information Sheet

Would you like to talk to a cancer specific counselling service staffed by nurse counsellors and psychologists?

The Cancer Counselling Service can help anyone impacted by cancer – we work with all cancers, all stages, and we work with carers, family members and significant others impacted by cancer.

Here's some more information accessing these services.

Who can access the counselling service?

- **You are over 18 years of age, and you are:**
 - ✓ A resident of Queensland.
 - ✓ The person living with cancer.
 - ✓ A person providing care to a person living with cancer.
 - ✓ You are survivor of cancer.
- **You have a cancer specific issue such as:**
 - ✓ You have received a diagnosis, or a change in your diagnosis.
 - ✓ You are experiencing treatment side effects.
 - ✓ You are experiencing grief and loss, or bereavement.
 - ✓ You have finished your cancer treatment, but still find it hard to "get back into life".

Who can I speak to in the Counselling team?

Psychologist – You can access up to 10 sessions with a fully trained psychologist, either F2F, on the phone or through video. They can help you using specific evidence-based interventions (e.g. CBT, SFBT, or ACT) that are individualised and unique to you and your life, towards adapting and change.

Nurse Counsellor – You can access up to 4 sessions with a fully trained nurse counsellor, either F2F (only in Brisbane), on the phone or video. They help to promote coping, self-management, and adjustment in these areas:

- Treatment protocols, of side effects and symptoms.
- Use of problem-specific strategies to reduce acute and long-term physical and emotional impact of cancer.

- Navigating of transitions across stages of cancer and the services within the care sectors.
- Other specific strategies: relaxation strategies and decision support.

What can't we do?

(1) Couples counselling; (2) Family counselling; and (3) Ongoing counselling.

What else can we help with?

Do I need a Mental Health Care Plan to access the service? YES. If you do not have one, please visit your GP and request a MHCP to access our program.

Do you charge a cancellation fee? No. We do not charge the gap fee, and we do not charge a cancellation fee if you need to change your appointment.

Are there any costs to me? No. We offer our service to people impacted by cancer completely for free.

What if I want more than 10 sessions. We are not an on-going service, but you may be interested in our Peer Support/Cancer Connect Service if you would like to talk to a person who has lived through cancer.

I have scan-xiety. Can you help me? We can! You are welcome to seek counselling support for scan-xiety, and we also regularly present coping with scan-xiety at local support groups.

I have a fear of cancer returning, can you help me? Yes, we can. Just because the cancer treatment has finished, does not mean you don't need help. Even if treatment finished 20 years ago, you can still access our service with a MHCP.

I am not officially "a carer", but I provide support to someone I know who is living with cancer. Can I use this service? You can. We welcome all carers, official and unofficial, to the counselling program.

For more information about Cancer Counselling Service, or our Peer Support services, please call Cancer Council **13 11 20**