

Psychosocial Oncology can help!

www.ahs.ca/cancersupportivecare

This team includes professionals such as psychologists, psychiatrists, social workers, or spiritual care providers.


They can make referrals to other community resources as needed and can help with:

- communication
- mood changes
- loneliness
- body image
- quality of life
- relationship changes
- coping with treatment side effects


Call to speak with someone and find out what services are available:


Comprehensive (Tertiary) Cancer Centres


Calgary
Tom Baker Cancer Centre and
Holy Cross Centre
 403-355-3207

Edmonton
Cross Cancer Institute
(Westmount location)
 780-643-4303

Regional Cancer Centres - Ask to speak with a social worker

Grande Prairie
Grande Prairie Cancer Centre
 825-412-4200


Lethbridge
Jack Ady Cancer Centre
 403-388-6800

Medicine Hat
Margery E. Yuill Cancer Centre
 403-529-8817

Red Deer
Central Alberta Cancer Centre
 403-343-4526

Community Cancer Centres

Call your cancer centre and ask for an appointment with a social worker.

 bit.ly/abcancercentres

Non-Urgent Help:

HealthLink Alberta

 811

Other Resources

 ahs.ca

[Indigenous Cancer Health](#)

[Indigenous Cancer Patient Navigators](#)

[Help in Tough Times](#)

[Addiction and Mental Health](#)

The Canadian
Cancer Society

 cancer.ca

- Support Services
- Types of Cancer


Your Primary Care

 Provider

Family doctor or
nurse

Where can I get urgent help?

Crisis support

 Call 911

Call the Mental Health Helpline (24/7) 1-877-303-2642

Non-urgent help and support

- Non-urgent services are listed in the white box above
- Cancer Care Alberta's **Psychosocial Oncology team** for cancer related distress
- **Wellspring Alberta** wellspringalberta.ca for a wide range of programs and supports



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