



How do I access these services?

Call your cancer centre and ask to speak with the psychosocial department:

Comprehensive (Tertiary) Cancer Centres

Arthur J.E. Child Comprehensive Cancer Centre (Calgary)
587-231-3570

Cross Cancer Institute (Edmonton)
780-391-7664 or 780-643-4303

Regional Cancer Centres

Grande Prairie Cancer Centre
825-412-4200

Jack Ady Cancer Centre (Lethbridge)
403-388-6800

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

Central Alberta Cancer Centre (Red Deer)
403-343-4526



Community Cancer Centres

Barrhead	780-305-3304
Bonnyville	780-826-3311
Bow Valley (Canmore)	403-493-4867
Camrose	780-679-2822
Drayton Valley	780-621-4888
Drumheller	403-820-7985
Fort McMurray	780-791-6217
High River	403-652-0139
Hinton	780-865-3333
Lloydminster	306-820-6144
Peace River	780-624-7593



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Information for
patients & families

Counselling and Support



Psychosocial Oncology



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What is psychosocial oncology?

We are a department of professionals from psychology, social work, spiritual health, sexual health, and psychiatry, specializing in cancer care. We are available to help you cope with the stress that often comes with a cancer diagnosis and treatment. Taking care of your emotional, social, spiritual and practical well-being is an important part of your treatment plan and coping.

We are part of your cancer treatment team. We offer different types of programs and services to support your well-being:

- counselling
- counsellor-led groups
- practical support for your finances and other basic needs
- classes and programs

Why should I call?

Dealing with life changes that come with a cancer diagnosis can be difficult. Many patients and caregivers feel uncertain, depressed, helpless, anxious, alone or pressured to be “positive.”

It can be helpful to have a professional to talk to on your own, with your caregiver, or in a counsellor-led group. We use different approaches to help you improve your quality of life and well-being.

Getting help and support can:

- reduce stress
- help you sleep better
- reduce anxiety and depression
- improve relationships
- improve your mood
- improve your physical functioning (in some cases)



There is **no cost** for our programs and services. You don't need a referral — just call!



Some services may be available through Virtual Health (by phone or video).



Some of our programs are available to caregivers. Availability of programs and services depends on the cancer centre.

Counselling

Counselling can help you explore:

- cancer-related quality of life issues
- coping strategies for managing stress
- anxiety and low moods
- meaning of life questions

Through compassionate listening and support, patients consider the meaning of hope, spirituality, well-being and empowerment as they live with cancer.



Classes and Counsellor-led Groups

Professionally-led classes and groups provide a safe environment for sharing and learning. We offer different groups and classes at different locations on a regular basis.

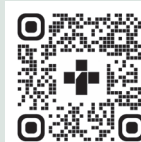
Counsellor-led groups may be for:

- advanced cancer
- newly diagnosed
- after treatment

Class topics may include:

- sleep
- memory
- coping strategies
- navigating health care system
- resources after cancer care

Find more information by calling, visiting us online at: ahs.ca/cancersupportivecare or by scanning this QR code:



Social Work: Practical Support

Having cancer may create practical challenges for you, your caregiver, and your family. You may have concerns about finances, loss of income, housing, transportation, work, legal supports and care coordination.

Social work can often help you with these and connect you with other sources of help.