

Cancer Counselling service



ACT
Government

**Canberra Health
Services**


canberrahealthservices.act.gov.au

About the service

Both people with cancer and their families may experience a range of emotions and situations at the time of diagnosis, during and after treatment. The Cancer Counselling Service, funded by ACT Health, can help you adjust to the changes that cancer brings.

Social workers and psychologists provide a wide range of services and support. These include:

- individual counselling
- therapeutic and skills training groups
- information and referral to other community services.

A light blue illustration of a family consisting of two adults and a child, standing next to a larger, simplified figure of a person. The illustration is partially overlaid by a large teal circle on the left side of the page.

A community based counselling and support service for people who are affected by cancer

Our counselling service can help you with:

- managing stress and worry
- managing anxiety and depression
- family or relationship issues
- body image changes
- sexual health
- work life balance
- life values
- self care
- ways to manage concerns and uncertainty about the future, including fear of recurrence
- life after active treatment
- palliative care and end of life issues
- bereavement support and counselling to carers known to the service.

Who can use the service?

The service is available to anyone over the age of 16 who has been diagnosed with cancer and to family members and caregivers.

Service locations

Belconnen Community Health Centre

56 Lathlain Street, Belconnen

Phillip Community Health Centre

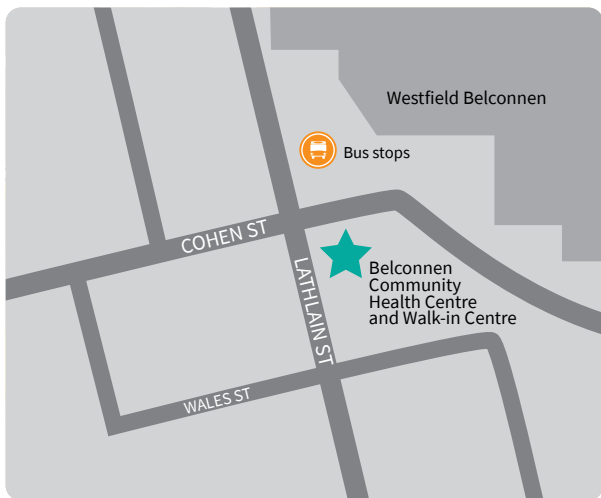
17 Corinna Street, Phillip

Who can make referrals to the service?

- You can refer yourself by ringing the Community Health Intake line on 02 5124 9977.
- Health professionals such as specialists, GPs, nurses and allied health professionals can refer you or your family member.
- Other community agencies and services in the ACT and surrounding regions can refer you or your family.



Service locations



Belconnen Community Health Centre & Walk-in Centre

56 Lathlain Street, Belconnen



Phillip Community Health Centre

17 Corinna Street, Phillip

Acknowledgement of Country



Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Accessibility (how to get this information in other ways)

To get this information:

- in large print
- to listen to
- in any other format
- call (02) 5124 0000.



Call 131 450

canberrahealthservices.act.gov.au/accessibility



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