

About our counsellors

The Network Counsellors are not employed by us, they are independent practitioners who have experience working with people with cancer who have met our eligibility criteria. To ensure your confidentiality, your counsellor will provide minimal personal details to us, which enables the service to be funded.

Counsellors on the Network are suitably qualified with postgraduate qualifications in psychology, social work, or counselling with recent direct counselling experience. We ensure all Counsellors hold relevant professional memberships, insurances and clearances.

“Often people who have survived cancer, and even their carers, suffer a very real fear of having a recurrence or being diagnosed with secondary cancers. It can be overwhelming and debilitating. For more people, addressing issues can really help ease the burden of living with cancer and adjusting to life after treatment.”

Counsellor

Confidentiality

Counselling sessions are undertaken in a supportive and safe environment. Confidentiality is always respected and upheld, and will be discussed by your counsellor at your first visit.

**We're your compass through cancer,
call us on 13 11 20.**



-  Cancer information
-  Regional support service
-  Cancer education programs
-  Statewide counselling
-  Accommodation for country patients
-  Wig service
-  Legal and financial service
-  Emotions and cancer
-  Connecting with others
-  Practical support
-  Caring for someone with cancer
-  Staying well during and after cancer



For support and information on cancer and cancer-related issues, speak to a Cancer Council Nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.

03/19 - C1617

Counselling Service.

**Coping
with cancer**

**Providing a professional
counselling service for people
diagnosed with cancer, their
families and carers.**

13 11 20
Cancer Council



Counselling Service

If you or someone close to you has been diagnosed with cancer, you may find it helpful to talk to a professional counsellor who has experience in dealing with cancer-related issues.

The impact of cancer is not only experienced at a physical level; it may also affect a person emotionally, socially and spiritually.

A professional counsellor can work with you to discover possible solutions and help you develop new skills to cope with the impact of cancer.

Counselling can assist you to understand and manage:

- the shock of diagnosis and coping with treatment
- emotions such as fear, anxiety, anger, grief and loss
- communication and relationship issues with family, friends and health professionals
- sexuality and intimacy after cancer
- decision making
- bereavement concerns
- isolation, even amongst family and friends
- communication with children and young people
- symptoms including fatigue, disrupted sleep or pain

"It's great to be able to go to a counsellor and share those feelings you might have that you can't talk to anyone in your family about."

Carer

What we offer?

We offer short-term face-to-face or telephone counselling services which are available in metropolitan and regional WA through our Counselling Network.



For more information call our Cancer Nurses on **13 11 20** or visit **cancerwa.asn.au**.

How to access counselling

To find a counsellor in your area, please contact one of our Cancer Nurses on 13 11 20 or your local Cancer Support Coordinator. To check if there is a Cancer Support Coordinator in your area please visit **cancerwa.asn.au**.

Health professionals wishing to refer to our counselling service should also contact 13 11 20.



"Honestly, without counselling I am not sure I would have achieved all I have done this year."

Patient

Who can attend?

Patients, family and carers who have been affected by a cancer diagnosis can attend.

Counselling is available for individuals, couples, children and the family as a group. We also provide specialist counselling for young children through play therapy.

"I felt like I could sit down and have a good cry and offload without placing a burden on my family."

Carer

Is there a cost?

We provide short-term counselling services at minimal or no cost. This is thanks to the generous support of the WA community. Funds are raised through donations, bequests, volunteer fundraising committees and events.

Cancelling an appointment

If for any reason you are unable to make your appointment, you are required to give at least 24 hours notice. Early notice allows us to make the appointment time available for another person.

Replacement sessions will not be made available for late cancellations or non-attendance.

"I remember strategies taught me to make the best of a situation I could not change."

Patient