



# You first then cancer



**With a wide range of services, we tailor support to you, to help all West Australians face the challenges of cancer.**

Our tailored support includes:

Counselling

Support Groups

Trusted Information

Exercise and Meditative courses

Legal and Financial Advice

Transport and Accommodation

Wig Service

Education Programs and more.

**We put you first, then cancer.**



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

01/24 - 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

**Cancer  
Council**  
WA

## Counselling service

If you or someone close to you has been diagnosed with cancer, you may find it helpful to talk with a professional counsellor. Counselling can help you explore how to cope with emotions such as fear and anxiety. It may also help to discuss challenges such as communication issues, isolation and adjusting to changes in family dynamics.

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 may also assist you to understand and manage:

- the shock of diagnosis and coping with treatment
- emotions such as anger, grief and loss
- decision making
- bereavement concerns
- communication with children and young people
- symptoms including fatigue, disrupted sleep or pain
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## What is available?

Our services are available in both metropolitan and regional Western Australia through our Cancer Council Counselling Network.

Short-term face-to-face, telehealth and telephone counselling services are available at minimal or no cost. This is thanks to the generous support of the community. Funds are raised through donations, bequests, volunteer fundraising committees and events.

*"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



## How to access the counselling service

If you are interested in accessing our counselling service, please phone our cancer information and support line on **13 11 20** to speak to one of our trained nurses or contact a local Regional Cancer Support Coordinator for information. To check if there is a Cancer Support Coordinator in your area, please visit **cancerwa.asn.au**.

Family members may also wish to access our counselling service by calling **13 11 20**.

Parents can request counselling on behalf of children under 16 years of age (with consent from children over 13 years of age).

If you are a health professional and have someone who would like to access our counselling service, please direct them to call **13 11 20** or email **questions@cancerwa.asn.au**.

## 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.

## 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.