

# COUNSELLING



In this section, you will learn about:

- What a social worker does
- When it may be helpful to talk to a social worker
- How to contact a social worker

## Coping with Cancer Through Counselling

Cancer may change many things in your life. You may be able to cope with some of them, while others may be too much for you to work through on your own.

Living with cancer can include feelings of fear, depression, and anxiety. Changes in physical appearance, finances, or a change in daily activities can leave you feeling discouraged, irritable, or anxious. Emotional distress is a very common experience for people living with cancer. You do not have to go through this on your own. Social workers are here to help.

## Who are Social Workers?

Social workers at LRCP are members of your health care team. Social workers are specially trained counsellors who help people deal with the physical effects and emotional distress that cancer can bring to a person and their family.



## When Would it be Helpful to Talk to a Social Worker?

People often talk to a social worker when they are concerned about:

- Adjusting to cancer and treatment
- Adjusting to physical changes and body image
- Feelings of depression, anxiety and fear
- Relationship and family issues related to cancer
- Helping children cope with a family member's cancer
- Sexuality and intimacy
- Talking to family members and friends about their diagnosis
- Worried about side effects

- Grief and loss
- Issues related to physical, emotional, and sexual abuse
- Stress reduction
- Communication and information received from the health care team
- Arrangements needed for care at home or in an alternative living situation
- Caregiver stress
- Financial and employment issues
- Finding resources or supports in the community

## How Do I Contact a Social Worker?

A social worker is available to every person registered at LRCP. There is a social worker assigned to your care team.

You can contact your social worker by:

- Calling the Supportive Care office to book an appointment
- Asking any of your health care providers to make a referral



For more information on financial supports (e.g., Patient Assistance Program), refer to the 'Finances' section.

## Social Worker



**519-685-8622**

Room A1-C85  
on Level 1

### Office Hours:

Monday to Friday  
8:30 a.m.-4:30 p.m.



The Supportive Care office is located on Level 1, down the hallway from Tim Hortons and the radiation therapy entrance.



## Recommended Resources

### **The Emotional Facts of Life with Cancer**

Visit the Patient and Family Resource Centre for a free copy of this booklet. It describes some of the unique needs of a person with cancer and how counselling can help.

### **CancerChatCanada**

[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

CancerChatCanada offers online groups that are guided and managed by professionals. These groups meet once a week for up to 90 minutes in a live chat room on the Internet. Most of the groups meet for 10-12 weeks. All that is required is a computer and access to the Internet. You can register for upcoming groups by completing an online registration form.

CancerChatCanada also offers groups for family members or friends caring for someone with cancer, groups for young women who are survivors of breast cancer, cancer patients in treatment and patients dealing with an advanced disease.

### **The Truth of It**

<https://www.partnershipagainstcancer.ca/browse-topics/>

This video series features interviews with Canadians diagnosed with cancer. To watch The Truth of It, visit [www.cancerview.ca](http://www.cancerview.ca) and click on 'Treatment & Support' where you will find the link to the videos.

### **Virtual Hospice**

[www.virtualhospice.ca](http://www.virtualhospice.ca)

This site provides information and support on palliative and end-of-life care, loss and grief.