



# We're here to help you

Undergoing cancer treatment can be stressful, especially if you need to travel away from home. You may face a range of emotional, physical and practical challenges.

Cancer Council NSW offers many services to help manage the experience of cancer for you and your family.



## Talk with health professionals

Qualified health professionals can answer your questions and link you to services in your area. Call Cancer Council 13 11 20 Information and Support, Monday to Friday, 9am–5pm.



## Connect with others

When you have cancer, talking to someone who has been through a similar experience can be helpful, reassuring and encouraging. You can connect one to one via the telephone, or share support in a group or online.



## Help with practical matters

We offer free legal, financial and workplace advice, financial counselling and emergency financial assistance to eligible clients. We provide solutions for transport and accommodation, as well as home help services in some areas.



## Access up-to-date information

Cancer Council NSW can provide you with a range of printed and online information resources. Free booklets are available from your local treatment centre, or online at [cancercouncil.com.au/cancer-information](http://cancercouncil.com.au/cancer-information). See above for a list of current publications that may be of interest to you.



## Support after treatment finishes

Life after treatment can be a challenge, but with support from Cancer Council NSW you can build your skills and confidence to help life get better. We provide a range of workshops, online and recorded webinars, and an exercise and nutrition program.

## Free information for people affected by cancer

Please indicate if you would like to receive further information on any of the topics listed below. One of the friendly Cancer Council Information Centre Volunteers will bring the requested resources to you at your next appointment.

### Treatment and side effects

- |   |   |
|---|---|
| <input type="checkbox"/> Aboriginal Cancer Journeys             | <input type="checkbox"/> Nutrition and Cancer                               |
| <input type="checkbox"/> Cancer and Your Finances               | <input type="checkbox"/> Overcoming Cancer Pain (plus DVD)                  |
| <input type="checkbox"/> Cancer Care and your Rights            | <input type="checkbox"/> Talking to Kids about Cancer                       |
| <input type="checkbox"/> Cancer in the School Community         | <input type="checkbox"/> Sexuality, Intimacy and Cancer                     |
| <input type="checkbox"/> Cancer, Work and You                   | <input type="checkbox"/> Understanding Breast Prostheses and Reconstruction |
| <input type="checkbox"/> Caring for Someone with Cancer         | <input type="checkbox"/> Understanding Grief                                |
| <input type="checkbox"/> Emotions and Cancer                    | <input type="checkbox"/> Massage and Cancer                                 |
| <input type="checkbox"/> Exercise for People Living with Cancer | <input type="checkbox"/> Mindful Meditation CD                              |
| <input type="checkbox"/> Facing End of Life                     | <input type="checkbox"/> Relaxation CD                                      |
| <input type="checkbox"/> Fertility and Cancer                   |   |
| <input type="checkbox"/> Living Well after Cancer               |   |
| <input type="checkbox"/> Living with Advanced Cancer            |   |

### Coping with cancer

- Understanding Chemotherapy
- Understanding Clinical Trials and Research
- Understanding Complementary Therapies
- Understanding Palliative Care
- Understanding Radiotherapy
- Understanding Taste and Smell Changes (online only)
- Understanding Surgery

call to find out how we can help you

13 11 20