



Cancer Counselling Service

A free service for people coping with cancer



“It is of great benefit for me to know there is support in time of need. This is very important when you feel alone. Thankfully I am feeling much better now and I owe a lot of that to your service. Thank you.”

How do I access the Cancer Counselling Service?

Contact Cancer Council Helpline on **13 11 20** (toll free), 8am to 8pm, Monday to Friday.

Our Helpline staff can discuss your needs and arrange for the Cancer Counselling Service to call you.



Where to go for more information?

For further information contact the Cancer Council Helpline toll free on **13 11 20**, Monday to Friday 8am – 8pm

Brisbane

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3258 2200

Cairns

169 Aumuller Street
Bungalow Qld 4870
Ph: (07) 4031 1555

Townsville

24 Warburton Street
North Ward Qld 4810
Ph: (07) 4721 1644

Rockhampton

43 Upper Dawson Road
Rockhampton Qld 4700
Ph: (07) 4927 7088

Sunshine Coast

Shop 4, Credit Union
Australia Plaza
Corner Maroochydore Road
and Baden Powell Street
Maroochydore Qld 4558
Ph: (07) 5443 6300

Gold Coast

Corner Short Street
and Marine Parade
Southport Qld 4215
Ph: (07) 5591 1500

Toowoomba

137 Herries Street
Toowoomba Qld 4350
Ph: (07) 4638 4790



Cancer Council
Helpline

13 11 20

www.cancerqld.org.au

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Why cancer counselling?

Finding out that you or someone close to you has cancer can be a difficult and stressful time. Treatment for cancer can be challenging, and sometimes getting back to everyday life afterwards seems daunting.

Counselling can help by providing the opportunity to talk through problems, learn new ways to manage stress, set new life goals and find effective ways to talk to family and friends about concerns.

What is the Cancer Counselling Service?

The Cancer Counselling Service is a free and confidential counselling service for people with cancer and those close to them. Counselling is available by telephone to anyone in Queensland affected by cancer. Face-to-face counselling is also available in selected regional offices.

The counselling team is professionally trained and experienced in helping people with cancer. The service is provided free by Cancer Council Queensland and operates by appointment from Monday to Friday.

Contact our Helpline on 13 11 20 for further information about our services.

What sorts of issues does the Cancer Counselling Service deal with?

The Cancer Counselling Service helps people deal with a range of issues; from stress and difficulty coping, to depression, anxiety, grief and loss, family or relationship problems, treatment side-effects and sexual problems. The Cancer Counselling Service provides the opportunity for people to talk about their difficulties with someone not connected to the situation, and also provides a way for people to learn skills and strategies that may help them cope better.

What about other counselling or support options?

The Cancer Council Helpline has information on a range of places you may be able to obtain support or counselling, depending on your needs and where you live. Cancer Council Queensland also provides group and one-to-one support programs. The Cancer Counselling Service can direct you to other support services should you need additional support.



What do people say who have used the Cancer Counselling Service?



“The counsellors know what cancer is. Normal counselling services often ask what things mean and you end up giving them a lesson in cancer treatment. The expertise of Cancer Council Queensland is fantastic.”



“It was very helpful to be able to talk to someone other than family, friends and the medical team. It was important for me to be reminded to stay focussed on the reality of the situation, rather than worry about what might be. Thank you.”