



Government of **Western Australia**  
Department of **Health**

# Information for people affected by cancer

A free service for adults affected  
by cancer and their families



Cancer Psychology Service

## Why consult a clinical psychology service?

Many people experience problems when they find out they have cancer and everyone copes with these problems in different ways. Sometimes people feel they are not coping and problems get on top of them.

If any of the following problems are affecting you, we may be able to help:

- anxiety and fear
- sadness, hopelessness or irritability
- trouble expressing your feelings to your spouse, children or people close to you
- fatigue and problems sleeping
- pain and discomfort
- inability to enjoy the things you used to find pleasurable
- loneliness
- inability to participate in day to day life
- worry about the cancer coming back
- loss of confidence
- stress over changes to your body.

Family members may also have difficulty expressing their feelings, worry about a person with cancer or find it hard to adjust to changes in family roles. There may also be conflict or sexual difficulties between partners.

## How can a psychologist help?

- It is often easier to talk to a person outside of your family and friends.
- We have specialised knowledge to help you cope with issues surrounding diagnosis, treatment and survival as well as broader issues in your relationships and your life.
- We can help you learn practical coping skills such as relaxation, stress management and how to challenge self-defeating patterns.
- You can access our help at any stage including at diagnosis, during treatment, or after treatment has finished.



- Family members can attend individually or together.
- People from both public and private treatment centres can access this service.
- **It is a confidential, free service.**

## What we don't provide

We do not provide medical guidance or opinions about treatments. We suggest you ask your doctor for more information about medical issues. We do not provide immediate crisis or emergency services.



## How do I arrange an appointment?

Your health worker can provide a written referral, or you may call us on **9382 7480**.

## WA Psycho-Oncology Service

A free service for adults affected by cancer and their families in Western Australia.

 **9382 7480**

### Thorburn House

RPH Shenton Park Campus

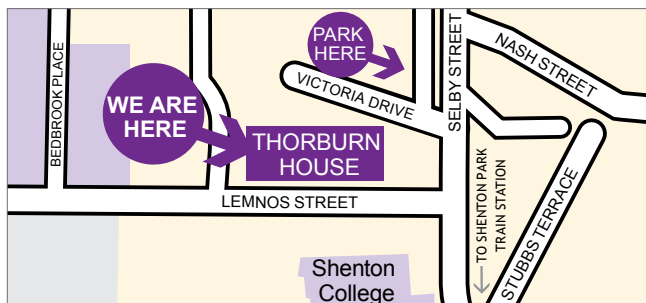
Level 3, (1st Floor)

Corner of Selby and Lemnos Street

SHENTON PARK WA 6008

Fax: 9382 7479

Opening hours: Monday to Friday  
8:30 am to 4:30 pm



[www.healthnetworks.health.wa.gov.au/cancer/home](http://www.healthnetworks.health.wa.gov.au/cancer/home)

## **Other support and information services:**

### **Cancer Council Helpline**

 13 11 20

(Monday to Friday 8.00 am to 6.00 pm)

## **After hours emergency help:**

### **Health Direct**

 1800 022 222

### **Crisis Care**


 9223 1111

### **Mental Health Emergency Response Line (MHERL)**

#### **Perth Metro**

 1300 555 788

#### **Peel Region**

 1800 676 822

#### **Rural WA**

 1800 552 002

This document can be made available in alternative formats on request for a person with a disability.