

“I remember strategies taught to me to make the best of a situation I could not change.”
(Patient)

“I felt like I could sit down and have a good cry and offload without placing a burden on my family.”
(Carer)

“Honestly, without counselling I am not sure I would have achieved all I have done this year.”
(Patient)

“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)

“A lot of people don’t feel they need counselling until they go, and once you’ve shared how you’re feeling and offloaded you feel lighter and stronger.”
(Carer)

Providing a comprehensive and professional counselling service for people diagnosed with cancer, their families and carers.



Counselling Services

For people diagnosed with cancer, their families and carers

Information and support

For support and information on cancer and cancer related issues, call the Cancer Council Helpline. This is a confidential service. Available Statewide for the cost of a local call Monday to Friday 8 am – 6 pm

 Cancer Council
Helpline
13 11 20
www.cancerwa.asn.au

 Funded by
Community
Donations



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Counselling Services



If you or someone close to you has been diagnosed with cancer you may find it helpful to talk with a professional counsellor who has experience in dealing with cancer related issues.

The impact of cancer is not only experienced at a physical level it may also impact upon a person emotionally, socially and spiritually.

Counselling can assist you to understand and cope with:

- The shock of diagnosis and coping with treatment
- Emotions such as fear, anxiety, anger, grief and loss
- Communication and relationship issues with family, friends and health professionals
- Sexuality and intimacy after cancer
- Decision making
- Bereavement concerns
- Isolation, even among family and friends
- Communicating with children and young people
- Symptoms including fatigue, disrupted sleep or pain

Who can attend?

Anyone who has been impacted by a cancer diagnosis.

What we offer

Cancer Council Western Australia offers both face-to-face and telephone counselling services. Our services are available in both metropolitan and regional WA through our Cancer Council Counselling Network and Helpline Counsellors.

How to access counselling

To find a counsellor in your area, please contact the Cancer Council Helpline on 13 11 20.

Health Professionals wishing to refer to the Cancer Council WA Counselling Services should also contact the Cancer Council Helpline on 13 11 20.

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.

Is there a cost?

Thanks to the generous support of the community, the Cancer Council WA provides counselling services at a minimal or no cost.

Cancelling an appointment

If for any reason you are unable to make your appointment, please give at least 24 hours notice. Early notice allows us to make the appointment time available for another person.

Counselling is the opportunity to talk to a trained counselling professional to explore what is happening in your life at this time. The benefits of talking to a professional counsellor are that you have someone to share your thoughts and feelings with. They can work with you to discover possible solutions and help you develop new skills to cope with the impact of cancer.

There are typical stages to short term counselling but these can vary depending on your needs.

Counsellors will:

- Respectfully listen to your situation and allow you to gain a deeper understanding of the issue
- Identify the outcomes you hope to achieve
- Help you explore and identify your options, strengths and resources and how these can be used to achieve the desired outcome
- Explore and learn strategies to overcome any challenges
- Provide support and guidance whilst you work towards your goal

For further information please contact the Cancer Council Helpline on 13 11 20.