

## The Emotional Impact of Cancer

A cancer diagnosis can affect you and your family in many ways. Decisions need to be made at a time when you may be feeling stressed. Feelings of worry, fear, sadness, anxiety, grief, loss, and depression are common. Talking about your feelings can help you and your family during this time.

### Psychosocial Oncology Services at CancerCare Manitoba

We have social workers, a psychologist, a psychiatrist, a spiritual health specialist and other health professionals available free of charge. We can help you and your family deal with many of the issues people experience when they are diagnosed with cancer, are going through treatment and even after treatment. We work as part of the health care team with your doctors and nurses.

#### We can help you:

- understand how the health care system works
- talk about your feelings, thoughts, fears and reactions to a cancer diagnosis and treatment
- move forward with your life after treatment
- live with ongoing cancer and end of life issues

#### We provide:

- individual, couple, and family counseling
- support groups and programs
- information about how to find community programs and financial services

If you have questions, would like to talk with someone or need support, please contact Patient and Family Support Services at 204-787-2109 or toll-free at 1-866-561-1026.