

## Taking care of your emotional health

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Like many people facing cancer, you and your family may be experiencing a range of feelings that include:

- stressed or overwhelmed
- fearful about the future
- isolated and alone
- sad
- guilty
- angry or irritable
- tired or fatigued
- a sense of loss or grief

There is no right or wrong way to feel and you are not alone in facing these challenges.

### You and your family may have questions about

- How to cope with uncertainty and difficult emotions
- Caregiver support
- Speaking to children or teens about your cancer
- Your job and finances
- Finding information about accessing community resources
- Survivorship and end of life planning
- Dealing with changes in relationships, body image and intimacy

### How to cope

Going through many emotions during the cancer journey is normal. You may already have good social supports and ways to cope. Sometimes people are not aware how deeply cancer can affect their human spirit and emotional health.

**The Psychosocial Oncology Service** can work with you, your family and cancer care team to help respond to your emotional and practical care needs.

## **The Psychosocial Oncology Service**

The Psychosocial Oncology Service at the Juravinski Cancer Program is dedicated to help you and your family cope with the emotional, social, psychological and spiritual suffering related to cancer.

We are available to all patients and their family members who are currently receiving care at the Juravinski Cancer Program. We offer many services to help lessen the emotional burden of cancer.

You can access our program at any point during your cancer journey.

## **Members of the Psychosocial Oncology Team**

Social Work

Child Life Specialist

Psychiatry

Clinical Nurse Specialist

Psychology

## **How to reach us**

You can speak to your cancer team for a referral to our service.

You can also call or visit us for an appointment: 905-387-9711, ext. 64315 during the hours of 8:30 am to 4:30 pm, Monday through Friday.

We are located on the second floor of the Juravinski Cancer Centre, in the department of Supportive Care.

## **What to expect**

You will receive a call from a member of our team regarding a time and date for your first appointment.

Upon your arrival for the first appointment, you will be asked some questions that will help us understand your symptoms and concerns.

A team member will meet with you for a private session to discuss your concerns.

You and a member of our team will work together to develop a care plan, which may include future sessions with our service.

**Taking care of your emotional health is an important part of your cancer care!**