



Where to Start...Emotional and Psychological Concerns

Suggestions for resources when you **start** to look for information about
Emotional and Psychological Concerns

Prepared by: Psychosocial Oncology Team, Trillium Health Partners
Updated: October 2016

Common Questions

Is it common to feel emotional distress during my cancer journey?

- Between 35% and 45% of all cancer patients experience significant emotional distress, including depression and anxiety
- Up to 70% of patients with advanced cancer experience significant emotional distress

I often hear from my supports that I need to “stay positive” – what happens if I just can’t be positive all the time?

- You may experience a wide range of emotions such as sadness, anger, fear, or guilt.
- You will likely have ups and downs during your journey.
- Allow yourself to experience a range of emotions.
- Experiencing and expressing your emotions can be very healthy.

How do I know if I am having difficulty coping and should ask for help?

- If unpleasant emotions last for more than a few weeks and start to impact your relationships, work, or other important areas of your life, speak to your healthcare team about arranging professional support.

What kind of help is available?

- Group programs
- Individual and family counselling services

<p>Common Questions Continued</p>	<p>Confidentiality?</p> <ul style="list-style-type: none"> • Healthcare professionals do not share your personal health information without your permission. In situations where you or someone else may be at risk of harm, your information may need to be shared. • Please discuss confidentiality with your healthcare team if you have any concerns.
<p>Telephone</p>	<p>Free Services:</p> <ul style="list-style-type: none"> • Wellspring – Halton-Peel <ul style="list-style-type: none"> ○ 905-257-1988 ○ Drop-in group relaxation classes ○ Up to 4 individual counselling sessions • India Rainbow Community Services of Peel <ul style="list-style-type: none"> ○ 905-273-4932 • Canadian Cancer Society’s Cancer Information Service <ul style="list-style-type: none"> ○ Provides free peer support in many languages ○ 1-888-939-3333 <p>Sliding Scale Services (fees are based on your income):</p> <ul style="list-style-type: none"> • Family Services of Peel <ul style="list-style-type: none"> ○ 905-453-5775 ○ Monday-Friday, 9am-5pm • Catholic Family Services of Peel <ul style="list-style-type: none"> ○ Mississauga: 905-897-1644 ○ Walk-in on Tuesdays 12:30-7:30pm (After 6pm - #55 on keypad to call up to office) <p>Crisis Support (a phone line that provides emergency telephone support):</p> <ul style="list-style-type: none"> • 24 Hour Mobile Crisis Team <ul style="list-style-type: none"> ○ 905-278-9036 • Crisis Hotline <ul style="list-style-type: none"> ○ 1-800-999-9999

<p>Booklets & Pamphlets</p>	<p>Emotional Facts of Life with Cancer booklet</p> <ul style="list-style-type: none"> • Published by Canadian Association of Psychosocial Oncology • Realistic and useful information about getting help with the emotional distress that is a normal part of the experience of having cancer. <p>Living with Cancer: A guide for people with cancer and their caregivers</p> <ul style="list-style-type: none"> • Published by the Canadian Cancer Society • Available in English, French, Chinese and Punjabi online at www.cancer.ca
<p>Selected Books</p>	<p>Title: Mindfulness Based Cancer Recovery Author: Linda E. Carlson and M. Speca</p> <p>Title: Positive Coping with Health Conditions Author: D. Bilsker, J. Samra, and E. Goldner Available free online at: www.comh.ca/pchc</p> <p>Title: Minding the Body Author: Jason M. Satterfield</p> <p>Title: The Relaxation and Stress Reduction Workbook Author: M. Davis, E.R. Eshelman, and M. McKay</p>
<p>Websites</p>	<p>Cancer View</p> <ul style="list-style-type: none"> • Connecting Canadians to quality cancer resources • www.cancerview.ca <p>Cancer Chat Canada</p> <ul style="list-style-type: none"> • A professionally-led online support group for Canadians affected by cancer • www.cancerchatcanada.ca <p>Cancer Connection</p> <ul style="list-style-type: none"> • online community for cancer patients, their families/friends • www.cancerconnection.ca

**Websites
Continued**

Cancer Support Community

- An international, non-profit organization dedicated to providing support, education and hope to people affected by cancer.
- www.cancersupportcommunity.org

The Healing Journey

- A program for people who want to learn how to help themselves when they have cancer or other serious chronic diseases. It is a practical course, providing simple, psychological and spiritual tools that promote inner harmony, peace and healing – methods that can help any of us become a "healed person."
- www.healingjourney.ca

Young Adult Cancer Canada

- An online community of young adults diagnosed with cancer that provides information, support, skills and opportunity.
- www.youngadultcancer.ca

These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult with your healthcare provider. Inclusion of a resource does not imply endorsement by the Mississauga Halton Central West Regional Cancer Program or its partner hospitals.