

## 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

## Ang Epekto ng Cancer sa Damdamin

Ang diyagnosis ng cancer ay maraming magiging epekto sa iyo at iyong pamilya. Maraming desisyon ang kailangang gawin sa panahon na ikaw ay nag-aaburido. Maaari kang makaramdam ng pag-aalala, pangangamba, kawalan ng pag-asa at pamimighati. Makakatulong sa iyo at iyong pamilya kung ipapaalam mo sa iba ang iyong nararamdaman sa mga ganitong pagkakataon.

### Psychosocial Oncology Services sa CancerCare Manitoba

Mayroon kaming mga social worker, psychologist, psychiatrist, spiritual health specialist at iba pang mga propesyonal pang-kalusugan na libre ang serbisyo. Makakatulong kami sa iyo at sa iyong pamilya sa inyong pagharap sa mga nararanasan ng mga nabigyan ng diyagnosis ng cancer, kasalukuyang nagpapagamot, o kahit na tapos na ang gamutan. Kami ng iyong doktor at nars ang bumubuo ng iyong health care team.

#### Makakatulong kami sa iyo na:

- unawain kung paano tumatakbo ang sistema ng ating health care
- kausapin ka tungkol sa iyong nararamdaman, naiisip, pinangangambahan, reaksiyon kaugnay ng iyong cancer diyagnosis, at sa paggamot nito
- maisulong ang iyong buhay pagkatapos ng gamutan
- ipagpatuloy ang buhay nang may cancer at harapin ang mga paksa tungkol sa katapusan ng buhay

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## Ang Epekto ng Cancer sa Damdamin

**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.

**Maipapa-ubaya namin ang:**

- pagpapayo (counseling) sa isa, mag-asawa o buong pamilya
- mga programa o grupong pang-suporta
- impormasyon upang makakita ng community programs at financial services

Kung may mga tanong o nais mong may makausap o kailangan mo ng suporta, kontakin mo ang Patient and Family Support Services sa 204-787-2109 o toll-free sa 1-866-561-1026.