



13 11 20
Information and support

Counselling

Whether you are directly or indirectly affected by cancer our free Cancer Counselling Service offers you an opportunity to discuss your cancer experience and its impact on your life.

Our professional counsellors are experienced in helping people affected by cancer and can help you learn new ways to manage stress, set personal goals and develop ways to achieve them, or find ways to talk to family and friends about your concerns.

You can speak to our counsellors in person or over the phone at any stage of your cancer experience.

You don't need to be undertaking treatment to attend, as sometimes difficult emotions emerge after treatment has finished.

The Cancer Counselling Service is staffed by counsellors who are eligible for membership of either the Australian Psychological Society (APS), the Australian Association of Social Workers (AASW) or the Psychotherapy and Counselling Federation of Australia (PACFA).

Call Cancer Council [13 11 20](tel:131120) to make an appointment.

Mindfulness

Mindfulness has been shown to be helpful for many people to manage emotions associated with cancer. There are many aspects of mindfulness - living in the present moment, engaging fully with what you are doing rather than 'getting lost' in your thoughts.

You can talk about mindfulness with any of our counsellors. The videos below explain more about how mindfulness can help as well as a short exercise for you to try.

Jane talks about how mindfulness helped her cope with breast cancer.

How 'mindfulness' can help you reduce cancer stress

Here is a daily mindfulness exercise to help you manage stress.

A Code of Ethics governing each profession is available at:

[Australian Association of Social Workers](#)

[Psychotherapy and Counselling Federation of Australia](#)

[Australian Psychological Society](#)

On March 14th 2013, a Code of Conduct for Unregistered Health Practitioners came into force, outlining requirements that apply to all counsellors in South Australia, including those in the Cancer Counselling Service. [Click here](#) to view a copy of this Code of Conduct.

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