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## Support services

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There are many cancer support services available for patients and their families/friends; the hardest part is finding out:

- where they are
- how the service/program can help
- contact details.

Your **hospital or local community health service** has lots of information on available support services in your local area.

Some hospitals have a cancer information officer or cancer information area that can help to inform you of the range of services and supports available. If the hospital/centre does not offer the service you need, a member of your cancer health care team can help you locate the appropriate service.

Cancer Council Victoria is another valuable information and support resource.

You can call **Cancer Council** on **13 11 20** from anywhere in Victoria and speak with an experienced cancer nurse. Cancer Council nurses provide reliable, evidence-based information, practical and emotional support at any point in a cancer experience. While they can't provide individual medical advice, they can tell you about the effects of different cancers and treatments, and can speak with you about any questions you may have in relation to cancer. They can also link you to a range of support services.

The service is available Monday to Friday from 9am to 5pm, excluding public holidays.

There is the option to email a question via the website:  
[www.cancervic.org.au/get-support/connect-and-learn/ask-a-nurse](http://www.cancervic.org.au/get-support/connect-and-learn/ask-a-nurse)

You can also use an interpreter to speak to a nurse.

Cancer Council provides an extensive range of information and support services including:

- individual phone support with a cancer nurse
- one to one telephone-based peer support
- information on cancer support groups - face to face, telephone and online options
- information resources – booklets and fact sheets in different languages
- financial and legal planning and assistance services
- rural and metropolitan wig services
- educational workshops and programs.

More information is available at [www.cancervic.org.au](http://www.cancervic.org.au)