

## The Emotional Impact of Cancer

## 癌症對情緒的影響

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.

被診斷患了癌症後，你和你的家人在很多方面都會受到影響。在受困擾的期間，你需要做一些決定。這時候，憂慮，恐懼，悲哀，焦慮，憂傷，喪失及抑鬱是最常見的感覺。與專業輔導員傾訴你的感受可幫助你及你的家人。

### 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.

### 癌症社康心理輔導服務(CancerCare Manitoba)

我們有社會工作者，心理學家，精神病醫生，靈修精神健康專家及其他醫療專業人仕為你提供免費服務。我們可協助你及你的家人處理被診斷癌症後，在治療期間，甚至治療後的各種問題。我們和你的醫生及護士會一同合作照料你。

#### 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

#### 我們可幫助你:

- 明白如何運作醫療制度
- 與你傾談診斷癌症後及治療產生的反應，感受，想法和恐懼
- 接受治療後如何繼續生活如常
- 怎樣面對癌症及生命終止的問題

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### 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.

### 我們提供:

- 個人，夫婦及家庭輔導
- 支援小組及活動
- 協助尋找社區及財政服務的資料

如你有任何問題，想與人傾談或需要支援，請聯絡 Patient and Family Support Services(病人及家庭支援服務)，致電 204-787-2109 或免費長途電話 1-866-561-1026.