

## Cancer Care Program Social Work - support throughout your cancer experience

**Are you feeling overwhelmed because of your cancer diagnosis?**

**Do you have fears and worries about what will happen next?**

Being diagnosed with cancer affects more than your physical health. It can affect your thoughts, feelings, and relationships. It can also impact your ability to work or go to school and your finances. Many people with cancer who experience these feelings find it helpful to speak with a social worker.

Social workers are an important part of the Cancer Care Team, which also includes drug access navigators, cancer patient navigators, spiritual care providers and psychologists. This team has expertise to help you cope with your emotional, physical, educational, spiritual, practical and financial needs.

Our social workers can help you and those that support you with many cancer-related issues such as:

- Coping with diagnosis, treatment and symptoms
- Living with uncertainty
- Worries, fears and anxiety
- Stress
- Sadness and depression
- Regret, guilt, and anger
- Communication (with family, friends or health providers)
- Navigating financial /practical concerns
- Survivorship/Living beyond cancer
- Meaning and hope
- Advance Care Planning
- Referrals to community agencies and resources
- Talking about dying
- Grief



These services are available anytime; from diagnosis and treatment through to end of treatment and survivorship. If you are living with advanced cancer or need palliative care, the social work team are also available to help.

You may have the option of meeting with the social worker in person, by telephone or virtually online. If you would like to talk with a social worker, ask a member of your cancer care team to make a referral. You can also refer yourself. You can scan the QR code below to find the contact for the social worker in your area.

For more information about Psychosocial Oncology, check out the website or scan the QR code below: <https://www.nshealth.ca/clinics-programs-and-services/psychosocial-oncology>



**Patient and family feedback is very important to us.**

**We would like to invite you to send any comments or suggestions on how to improve this booklet to [education.cancercare@nshealth.ca](mailto:education.cancercare@nshealth.ca) or feel free to call us at 1-866-599-2267.**

*Prepared by: Nova Scotia Health Cancer Care Program  
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*This pamphlet is for educational purposes only.*

*It is not intended to replace the advice or professional judgment of a health care provider.*

*If you have any questions, please ask your health care provider.*