

DEPRESSION SERVICES

Guide for People with Cancer in Waterloo Wellington

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Cancer & Depression

Many people feel sad after a cancer diagnosis, while undergoing cancer treatment or after treatment has finished. Depression is much more than simple unhappiness. Depression is a treatable condition that can affect adults with cancer.

What Should I Do First?

If you are feeling symptoms or changes in your mood:

1. Talk to your healthcare team.
2. Learn about how to manage your symptoms.
 - a. Download a copy of Ontario Health - Cancer Care Ontario's Patient Symptom Management guides for Depression, Anxiety, Pain, Fatigue here:
www.cancercareontario.ca/en/symptom-management
3. Moderate or severe depression can be seen by specialized cancer social workers or a psychiatrist. Speak with your healthcare team to be referred.
4. Mild or moderate depression can access one of the following community or online supports.

Community Depression Resources

- Check your Employee Assistance Plan services/benefits at your place of employment
- Agencies with sliding scales (fee is adjusted): KW Counselling, Carizon (Mosaic), Family counselling Centre of Cambridge & North Dumfries, Interfaith Community Counselling Centre, Lutherwood Family Counselling, Shalom Counselling, Woolwich Counselling Centre
- Psychology today has a list of counselors in your area:
www.psychologytoday.com/ca/therapists/on/kitchener

Need more support?

View a list of cancer support & care services in Waterloo Wellington.



Community Resources

Canadian Cancer Society	Provincial Peer support program: Monday to Friday program for help with local support group details, guidance on how to find a doctor as well as offering peer-to-peer support.	1-888-486-8236 www.cancerconnection.ca/peersupport
Canadian Mental Health Association	BounceBack® a free skill-building program. The program is designed to help adults and youth ages 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.	1-866-345-0224 www.bouncebackontario.ca
Family Health Team	Do you belong to a family health care team? If yes, you can call your family health team to set up a meeting with their Social Worker.	Call your family health team
Here 24/7	Here 24/7 is your point of access to addictions, mental health and crisis services in Waterloo Wellington. Services are offered by 12 agencies in the region	1-844-437-3247 www.here247.ca
Hopespring	Call or visit Hopespring to learn about their programs. Speak to a Social Worker at HopeSpring in person or from home. Hopespring offers their services free of charge	519-742-4673 www.hopespring.ca

Online Depression Resources

BC Cancer Agency	Helpful links to resources on emotional support	www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support
Center for Clinical Interventions	Information sheets and worksheets	www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression
eMental Health	Mental health help, services and supports.	www.ementalhealth.ca
Healthline	Mental health and addiction problems	www.ementalhealth.ca
Palouse Mindfulness	Free 8 week online course	www.palousemindfulness.com
Trillium Health Partners	Training videos for relaxation	www.trilliumhealthpartners.ca/stayinghealthy/Pages/Relaxation-Training.aspx

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



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