



**Support Services**  
**13 11 20**



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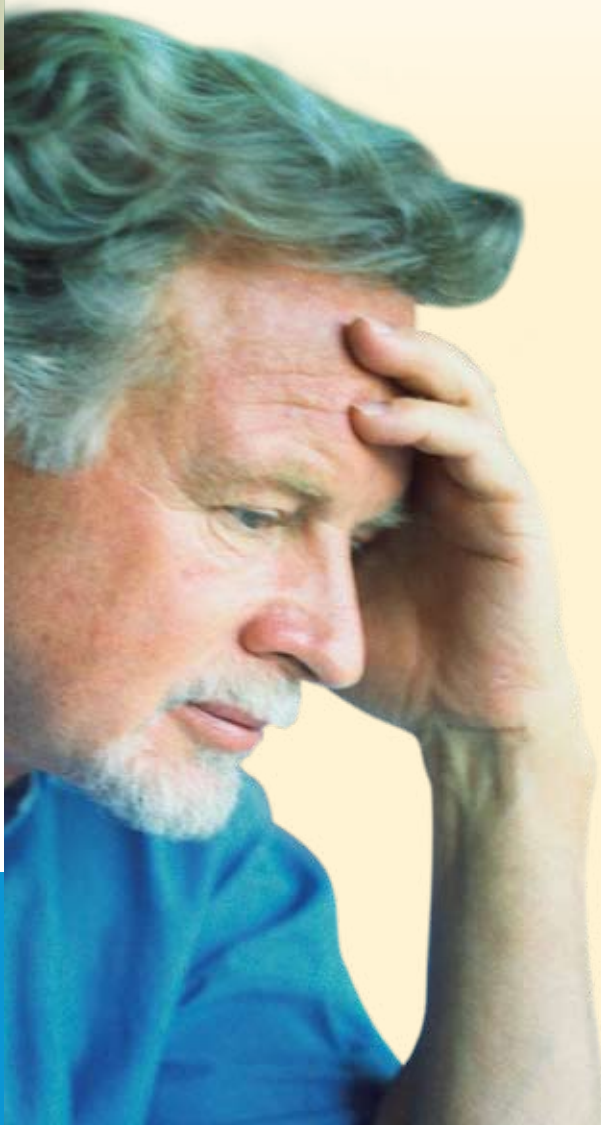
### **Cancer Support Groups**

There are more than 120 general and cancer specific support groups throughout Victoria.

Cancer Support Groups can offer regular meetings for discussion and support, up to date information on cancer, a way of increasing your skills in coping with cancer, social outings and friendship.

Support groups are not just for people diagnosed with cancer. Partners and carers can benefit from meeting with people going through similar experiences. Internet and telephone support groups are offered. Groups are also available for those from non-English speaking backgrounds.

If you would like to find a support group in your local area please phone **13 11 20** or visit [www.cancervic.org.au](http://www.cancervic.org.au).





### Have you been diagnosed with cancer?

The Cancer Nurses at the Cancer Council Helpline can provide you with free information and support.

**The Cancer Council Helpline is available Monday–Friday from 8:30 am–8 pm. Calls are confidential.**

We can also link you in with another person who has experienced a cancer diagnosis and has been trained to offer support either by telephone through our Cancer Connect program – or to a Cancer Support Group.

“It was reassuring to talk with someone who had cancer knowledge and to be linked with someone who had survived all this. It really gave me hope and encouragement.”

### Are you caring for someone with cancer?

The Cancer Nurse can listen to your concerns and can connect you with another carer of an adult or a child through Family Cancer Connect.

This is a telephone support service so you can receive the peer support you need in your own home at a time which suits you.

“I was really frightened about the future and what would happen. Talking with another carer gave me the chance to talk with someone who really understood.”

### We are here for you at any time during your cancer experience

We can assist with paying some bills.

We can provide written material or you can access information on our website [www.cancervic.org.au](http://www.cancervic.org.au)

You can telephone, for the cost of a local call, from anywhere in the state and discuss your concerns with a Cancer Nurse.

We have seminars and forums for you to attend to learn more about your situation and survival skills. We talk about living with cancer and help you to cope.

**Telephone 13 11 20**  
Cancer Council Victoria  
1 Rathdowne Street, Carlton Vic 3052

We have interpreters and information in 80 languages. Call one of the following numbers to talk to someone in your language:

9209 0160 عربي  
廣東話 9209 0161

Ελληνικά 9209 0162  
Italiano 9209 0163

普通话 9209 0164  
Polski 9209 0165

Русский 9209 0166  
Español 9209 0167

Việt ngữ 9209 0168  
Other languages 9209 0169