

You're not alone



A cancer diagnosis can be difficult to understand and coping can be stressful. It helps to have someone you can trust for information and support.

The Canadian Cancer Society's information and support services are unlike anything else available in Canada. We can help answer questions by providing reliable information and support for all types of cancer and the many issues you may be facing.

The services we provide are confidential and tailored to your needs.

Our services are free and easy to access from anywhere in Canada. And, they are available in many languages.

Call toll-free **1 888 939-3333** for personalized service, Monday to Friday, 9 a.m. to 6 p.m.

Or visit www.cancer.ca to access up-to-date, comprehensive cancer information that has been reviewed by Canadian health experts.

Answering your questions

The Canadian Cancer Society is a leading source of cancer information in Canada. We provide information about:

- all types of cancer
- prevention
- early detection
- treatments and their side effects
- clinical trials
- complementary and alternative therapies
- cancer statistics
- ways to cope with cancer
- support services
- help in your local community

Our information specialists are supportive and knowledgeable about cancer. They have health related backgrounds and are trained to help meet your needs.

Whether you want basic facts or more comprehensive information on cancer, we're here to answer your questions. Our information is available over the phone and on our website. Both sources provide clear, credible and comprehensive information.



Connecting you with others

Call the Canadian Cancer Society to receive support and practical information over the phone from someone who has had cancer or has cared for someone with cancer.



Our support specialists will match you with a trained volunteer who has had a similar cancer experience. The match will be based on factors that are important to you such as type of cancer, gender, treatment, side effects, age, marital status or family situation.

Our volunteers draw on their own personal cancer experience to offer encouragement, compassion and practical information on living with cancer. You may wish to talk about:

- coping with the side effects of treatment
- concerns about your appearance
- effects on family and relationships
- your emotions, feelings and concerns about cancer
- services in your community
- communicating with your healthcare team

Call toll-free at **1 888 939-3333** to get connected with someone who can help.

We're here to help

If you or someone you love is living with cancer, contact the Canadian Cancer Society for information and support.

People who have used our services have said that the information and support they received has:

- increased their knowledge about their cancer
- helped them find services in their community
- increased their hope and ability to cope
- decreased their anxiety
- made them feel more comfortable talking with their healthcare team, family and friends
- helped them make a decision

The Canadian Cancer Society information and support services are regularly evaluated to ensure that we deliver quality information and excellent service.



What we do

Thanks to the work of our volunteers and staff, and the generosity of our donors, the Canadian Cancer Society is leading the way in the fight against cancer. The Canadian Cancer Society:

- funds excellent research for all types of cancer
- advocates for healthy public policy
- promotes healthy lifestyles to help reduce cancer risk
- provides information about cancer
- supports people living with cancer

Contact us for up-to-date information about cancer, our services, or to make a donation.



Canadian Cancer Society
Société canadienne du cancer

Let's Make Cancer History

1 888 939-3333 | www.cancer.ca

This is general information developed by the Canadian Cancer Society. It is not intended to replace the advice of a qualified healthcare provider.

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