

Do you have extra stresses in your life?

Some people have a higher risk of not being able to cope well if they:

- Have other serious medical problems besides cancer
- Have problems such as a different language, trouble reading, or hearing issues
- Have any type of social or family problems
- Have ever been physically or sexually abused
- Are younger
- Are female
- Live alone
- Find it hard to visit a doctor
- Have young children in the home
- Had very high stress levels before the cancer
- Have ever relied on alcohol or drugs to help them cope
- Have money problems
- Have spiritual or religious concerns
- Have had depression or other major mental health problems
- Have made a suicide attempt
- Have uncontrolled symptoms

If you have any of these it might help to talk them over and see what support is available

Contact your local Cancer Resource Nurse

Who can contact the Cancer Resource Nurse?

Anyone can contact the Cancer Resource Nurse directly if they or one of their family has cancer or they care for someone with cancer



Supported by Grampians Integrated Cancer Service funded by the Victorian Department of Health and in partnership with Edenhope and District Memorial Health Service, Rural Northwest Health and West Wimmera Health Service



Cancer Resource Nurse

Cancer Resource Nurses are local nurses who can help people and their families who are affected by Cancer

Do you have extra stresses in your life?

A Cancer Resource Nurse is a local nurse who is trained to offer supportive care to people affected by cancer in their area. They can refer people with cancer to the right services as close to home as possible.

A Cancer Resource Nurse can offer:

- Support
- Information
- Links to community and specialist cancer services



How can the Cancer Resource Nurse Help?

They can:

- Help people with cancer understand and deal with their illness, treatment and issues afterwards
- Assist people to arrange referrals if needed.
- Tell people about Cancer services and how to contact them, in their local community in the region or within the state
- Talk to their doctors and other services about any or all of their health needs
- Provide cancer information for patients, community groups and other health workers

What Cancer Resource Nurses don't do:

They cannot:

- Give chemotherapy (drugs)
- Provide advice about treatments
- Discuss test results or treatment options. This is referred back to the doctor/specialist

Cancer Resource Nurses Contact Details:

Edenhope & District Memorial Hospital

Cath McDonald (Edenhope Apsley and Harrow)

Address: Elsie Bennett Centre, Cnr Lake & Mollison St,
Edenhope 3318

Phone: 03 5585 9845 Mobile: 0428 881 762

Email: crn@edmh.org.au

Adrienne Caldwell

Address: Edenhope Hospital Medical Clinic,
119 Lake St, Edenhope 3318

Phone: 03 5585 988

Email: crn@edmh.org.au

Rural Northwest Health

Kathleen (Kathy) Poulton and Kayleen (Kate) Watson

Address: 12 Mitchell Pl, Hopetoun 3396

Phone: 03 5083 2000

Email: crn@rnw.net.au

West Wimmera Health Service

Janine Clark and Ginty Thomson (Nhill, Jeparit, Kaniva, Rainbow, Goroke, Natimuk)

Address: 43-51 Nelson St, Nhill 3418

Phone: 03 5391 4222 Mobile: 0429 991 070

Email: crn@wwhs.net.au

Dianne Knoll — Minyip Campus

Address: 23-25 Church St, Minyip 3392

Phone: 03 5363 1200

Email: crn@wwhs.net.au

Janine Matthews — Murtoa Campus

Address: 28 Marma St, Murtoa 3390

Phone: 03 5363 0400

Email: crn@wwhs.net.au

Wimmera Health Care Group (Horsham Campus)

Majella Hunter - Day Oncology Unit

Address: 83 Baillie Street, Horsham, 3400

Phone: 03 5381 9169

Email: chemotherapy@whcg.org.au