

ABOUT THE SERVICE

Living with cancer can be a stressful time involving a range of emotional, social and psychological changes. Adjusting to these changes can be a huge challenge for people with cancer as well as those around them. Anxiety, depression, grief and heightened distress are common experiences, and can be difficult to manage.

The Psycho-Oncology Service at Calvary Mater Newcastle is a booked appointment outpatient service which provides a wide range of psychological interventions to help patients and their families adjust to or cope with their situation. The Psycho-Oncology Service is not an acute mental health service.

HOW CAN WE HELP?

Asking for help can sometimes be hard. However, this service provides a confidential and supportive space to discuss your experiences, needs or concerns with the aim of building coping skills through evidenced-based strategies.

These strategies can include learning how to relax, manage negative thoughts and increase motivation and participation in life.

At the first meeting, the psychologist will speak with you about your situation, and treatment goals are developed together.

OUR STAFF

The unit is staffed by clinical psychologists and psychiatrists who are fully registered and have post-graduate training.

As we are a teaching facility, there will also be medical or psychology students in the unit from time to time. If you are not comfortable having students involved in your care, please let a staff member know.

OUR TEAM MEMBERS:

PSYCHIATRY

- Professor Gregory Carter – Acting Director
- Dr Pek Ang
- Psychiatry Advance Trainee

CLINICAL PSYCHOLOGY

- Sophia Wooldridge
- Camille Plant
- Sue Ward
- Dr Kerrie Clover

WHO CAN BE SEEN?

The service is available to people receiving cancer care at Calvary Mater Newcastle, whose concerns are related to their cancer and who have relevant goals for change. Adult (18 and over) family members and carers of eligible patients, may also be eligible for this service.

HOW MUCH DOES IT COST?

This is a free service.

HOW CAN I MAKE AN APPOINTMENT?

To make an initial appointment with the Psycho-Oncology Service, please talk to your treating specialist or a Calvary Mater Newcastle staff member who is part of your care team and they can organise a referral for you.

For follow-up appointments please telephone the Psycho-Oncology Service on 4014 4926.

For urgent mental health concerns call the 24-hour Mental Health Line on 1800 011 511. In an emergency, call Triple 0 or go to an Emergency Department.

LOCATION

Psycho-Oncology clinics are held in the Medical Centre, Level 3, Calvary Mater Newcastle (opposite the Cancer Council Information Centre).

We also offer appointments via telehealth (phone or videoconference).

Calvary Mater Newcastle is located on the corner of Edith and Platt Streets, Waratah, NSW 2298.

Continuing the Mission of the Sisters of the Little Company of Mary

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



Calvary

Mater Newcastle

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www.calvarymater.org.au

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Mater Newcastle

Counselling and psychological services for cancer patients and their families

Psycho-Oncology Service



Hospitals | Home Care | Virtual Care
Retirement Living | Residential Aged Care