

Cancer Support: What you need to know and where to get help

Whether it's you, your loved one, a friend or colleague, everyone needs help when facing or living with cancer. Having the right information and support can make things easier during this difficult time.

Local community services offer valuable resources including information and support.

Knowing what these services are and where to find them is important for anyone living with or affected by cancer.

A free presentation is available to community groups/clubs etc. detailing:

- Available services and resources
- Helpful tips at different stages
- How and where to find reliable information

Presentations are provided by **local** Hume Regional Integrated Cancer Service (HRICS) Community Ambassadors. All our ambassadors have had an experience of cancer and understand the impact that such a diagnosis can have.

If you would like a HRICS Community Ambassador to speak to your group, please contact Rebecca McAllister on (03) 5832 8301 or email rebecca.mcallister@gvhealth.org.au

“Emotional and practical support is just as important as the medical treatment. You need support, and to get the support, you need to know what is out there and how to get it.”

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