

## Location

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

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

## Clinic Location

Level 3, Medical Centre  
Calvary Mater Newcastle  
P: 4014 3190

## Psycho-Oncology Secretary

Level 5, New Med II Building  
Calvary Mater Newcastle  
P: 4014 4926

### About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. We're responsible for over 12,000 staff and volunteers, 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and a national network of Community Care Centres.



Locked Mail Bag 7  
Hunter Region Mail Centre, NSW 2310, Australia  
[www.calvarymater.org.au](http://www.calvarymater.org.au)

# Counselling and Psychological Services for Cancer Patients and their families

Psycho-Oncology Services



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

# Psycho-Oncology Service

## 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 the patient as well as those around them. Anxiety, depression, grief and heightened distress are common side effects and can be difficult to manage.

The Psycho-Oncology Service at Calvary Mater Newcastle provides a wide range of psychological interventions to help patients and their families adjust to or cope with their situation and circumstances

## How can we help?

Asking for help can sometimes be hard. However, this service provides a confidential and supportive space to discuss the patient's experiences, needs or concerns with the aim of building coping through evidenced-based strategies. These 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. Staff members are specialists in the assessment and provision of treatment for emotional distress caused by cancer.

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.

### Members of the team:

- Professor Gregory Carter - Acting Director Senior Staff Specialist
- Dr Pek Ang - Senior Consultant Psychiatrist
- Dr Ben Britton - Clinical and Health Psychologist
- Dr Louisa Gianacas - Clinical Psychologist
- Sophia Wooldridge - Clinical Psychologist
- Karen Matthews - Clinical Psychologist (Adolescent and Young Adults 15-25 years)
- Camille Plant - Clinical Psychologist

## Who can be seen?

The service is available to patients receiving treatment through the Hunter New England Local Health District. Family members and carers are also eligible for this service.

## How much does it cost?

This is a free service.

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

## Making 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 Department on 4014 4926 or the Medical Centre on 4014 3190.