



Depression Services Guide

Community and
Online Referral Guide
for Cancer Patients
and Providers

Depression Services Guide

Many people feel sad after a cancer diagnosis, while undergoing cancer treatment or after treatment has finished. Depression is much more than simple unhappiness. Depression is a treatable condition that can affect adults with cancer.

What should I do first?

If you are experiencing symptoms or changes in your mood:

1. Talk to your healthcare team.
2. Learn about how to manage your symptoms.

Download a copy of Ontario Health - Cancer Care Ontario's Patient Symptom Management guides for Depression, Anxiety, Pain, Fatigue here:
<https://www.cancercareontario.ca/en/symptom-management>

3. Moderate or severe depression can be seen by specialized cancer social workers or a psychiatrist. Speak with your healthcare team to be referred.
4. Mild or moderate depression can access one of the following community or online supports.

Community

- Check your Employee Assistance Plan services/benefits at your place of employment
- Agencies with sliding scales (fee is adjusted): KW Counselling, Carizon (Mosaic), Family counselling Centre of Cambridge & North Dumfries, Interfaith Community Counselling Centre, Lutherwood Family Counselling, Shalom Counselling, Woolwich Counselling Centre
- Psychology today has a list of counselors in your area:
<https://www.psychologytoday.com/ca/therapists/on/kitchener>

Community Depression Resources

Hopespring	Call or visit Hopespring to learn about their programs. Speak to a Social Worker at HopeSpring in person or from home. Hopespring offers their services free of charge.	519-742-4673 https://www.hopespring.ca/
Family Health Team	Do you belong to a family health care team? If yes, you can call your family health team to set up a meeting with their Social Worker.	Call your family health team
Canadian Mental Health Association	BounceBack® a free skill-building program. The program is designed to help adults and youth ages 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.	1-866-345-0224 https://bouncebackontario.ca/
Canadian Cancer Society	Provincial Peer support program: Monday to Friday program for help with local support group details, guidance on how to find a doctor as well as offering peer-to-peer support.	1-888-486-8236 https://cancerconnection.ca/peersupport
Here 24/7	Here 24/7 is your point of access to addictions, mental health and crisis services in Waterloo Wellington. Services are offered by 12 agencies in the region.	1-844-437-3247 http://here247.ca/
Grand River Regional Cancer Centre	Sign up for the GRRCC Coping with Cancer workshop	Call Hopespring to sign up: 519-742-4673

Online Depression Resources

eMental Health	Mental health help, services and supports.	https://www.ementalhealth.ca/
Healthline	Mental health and addiction programs	https://www.thehealthline.ca/
BC Cancer Agency	Helpful links to resources	http://www.bccancer.bc.ca/
Center for Clinical Interventions	Information sheets and worksheets	https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression
Trillium Health Partners	Training videos for relaxation	https://trilliumhealthpartners.ca/stayinghealthy/Pages/Relaxation-Training.aspx
Palouse Mindfulness	Free 8 week online course	https://palousemindfulness.com/