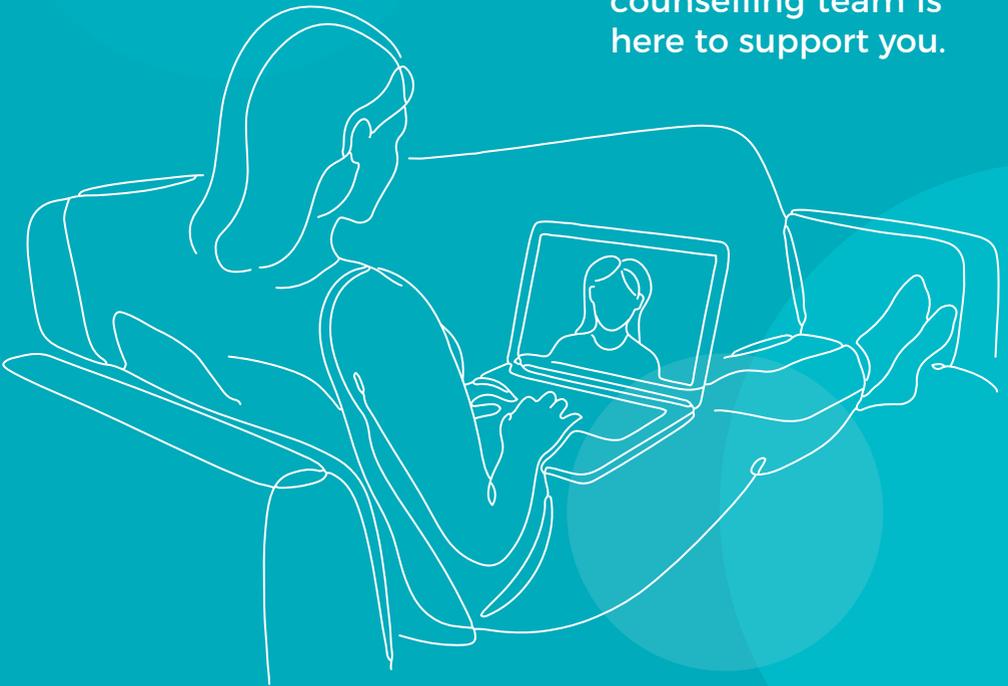


1300 660 334  
support@ovariancancer.net.au



Our psychology and  
counselling team is  
here to support you.



## Psychology and Counselling Service

Emotional and psychological care for people living  
with ovarian cancer and those who support them.

**If you are living with ovarian cancer, or supporting someone who is, the Psychology and Counselling Service at OCA is here to help.**



## **What is the Psychology and Counselling Service?**

Many people find the emotional impact of ovarian cancer can be just as challenging as the physical impacts. It's normal to need extra support to cope.

An ovarian cancer diagnosis can bring a wide range of emotions that may change over time. Feelings can be influenced by treatment, physical health, side effects, and past experiences. Everyone's emotional response is different, and there is no right or wrong way to feel.

For some women, these challenges mean extra support is helpful. OCA's Psychology and Counselling Service offers experienced counsellors and psychologists who provide evidence-based support, free of charge, to people affected by ovarian cancer.

Our team can provide support for a range of common difficulties including anxiety, fear of cancer recurrence, low mood, sleep problems, cancer-related fatigue, difficulties with body image and intimacy, practical concerns such as financial stress and returning to work, family and relationship difficulties, changes to identity and self-esteem, and facing end of life.

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Support is also available for partners and adult children who feel they would benefit from speaking to someone about their own distress supporting a loved one with ovarian cancer. Some of the areas of support for family members include caregiver burnout, anticipatory grief, relationship difficulties, anxiety and low mood.

Our psychology and counselling team is here throughout diagnosis, treatment and beyond, helping you feel supported, understood, and less alone during a time that can feel overwhelming.

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## Our team

Our team includes clinical psychologists, health psychologists and counsellors. All clinicians in our team have extensive experience supporting people with ovarian cancer, and use evidence-based therapies.



## How does it work?

You will be linked with a specialist qualified psychologist or counsellor who will work alongside your existing supports such as the Teal Support Nurses and, where appropriate, your treating medical team.

**Support is offered via phone or secure video telehealth, anywhere in Australia.**

## What support can we offer?

- One-on-one counselling via telehealth (*telephone or video*)
- Support for partners, carers and adult children
- Grief and bereavement support
- Coordination with your Teal Support Nurse, community supports and treating team
- Specialised evidence-based tailored support programs for:
  - Sleep
  - Sexual Health, Menopause & Fertility
  - Practical support (*e.g. support with finances or transport*)
  - Cancer-related fatigue (*new program commencing 2026!*)

## How many sessions can I have?

- People with ovarian cancer, their partners and carers: uncapped, as long as the sessions relate to the ovarian cancer experience and you continue to benefit
- Adult parents or adult children: up to 3 sessions
- Support after loss: 3-5 sessions

## Who can access the Psychology and Counselling support?

- Adults (18+) with a medically confirmed ovarian cancer diagnosis
- Within 1.5 years of completing treatment
- Living anywhere in Australia
- Partners, carers and adult family members seeking support directly related to the ovarian cancer diagnosis

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**Your clinician will work with you to create a personalised plan based on your needs. There is no cost to access support from the Psychology and Counselling Service at OCA.**

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## Accessing OCA's Psychology and Counselling Service

- If you have been diagnosed with ovarian cancer speak with your treating team or OCA Teal Support Nurse.
- If you are a partner/carer/family member call the **OCA Helpline on 1300 660 334**.
- Once referred, you will be matched with a specialist psychologist or counsellor.
- Your clinician will assess your needs and develop a personalised support plan.
- Sessions are provided via phone or secure video telehealth, anywhere in Australia.
- The psychology and counselling service is free to access for those eligible, made available through the generosity of our donors.

**If you're unsure whether you qualify, we can help guide you.**

If you need **urgent mental health support** you can contact your local mental health crisis support team or one of the 24/7 telephone services such as **Lifeline on 13 11 14**, **Beyond Blue on 1300 224 636**, or **13YARN on 13 92 76**.

Otherwise, if you are experiencing a mental health emergency and need immediate support, **call 000** or attend your local hospital emergency department.

Call our Helpline on  
**1300 660 334**

Monday to Friday 9am to 5pm AET



[support@ovariancancer.net.au](mailto:support@ovariancancer.net.au)



[ovariancancer.net.au](http://ovariancancer.net.au)

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