Feelings of Anxiety

Let’s talk about anxiety...

- It is normal to feel some anxiety and to worry about your diagnosis, treatment or side effects. Please share these concerns with your healthcare team.
- Anxiety is a feeling of nervousness, concern, and worry.
- Anxiety can impact your ability to make decisions, follow treatment, function normally, and affect your overall quality of life.
- Call your healthcare team for extra help if you cannot sleep or function normally.
- If you are having a panic attack, or your throat is tightening or you have trouble breathing, go to the Emergency Room.
- If you are having thoughts of harming yourself or others, call 911 immediately or call the Montreal Suicide Action line 1-866-277-3553

What you can do

- Talk to someone you trust.
- Do some gentle exercise, like yoga.
- Try relaxation therapy, like breathing techniques and listening to music.
- Everyone copes differently. Do what feels right for you.
- If you’re worried about your diagnosis, treatment, or symptoms or you need more information, don’t hesitate to call your healthcare team and share these concerns with them.

Other considerations

- Joining a support group can be very helpful.
- Speaking with mental health counsellors for help with managing stress and problem-solving is often a good idea.
- Doing spiritual activities, like spiritual counseling, prayer and meditation can help reduce anxiety.
- Talk-based therapies like Cognitive Behavioural Therapy or mindfulness-based stress reduction can also help.

Other resources

Managing Anxiety
Managing Stress
Emotional Effects of Cancer
Information Videos
More at mcgill.ca/rrc-rcn/patient

In your hospital

Symptom Hotlines
Don’t hesitate to call!
Hours of operation: 8AM to 4PM

MUHC: (514) 934-1934 ext. 34160
JGH: (514) 340-8222 ext. 25529
St. Mary’s: (514) 734-2679, ext. 5

Psychosocial Oncology
JGH: (514) 340-8222 ext. 23223
St. Mary’s: (514) 345-3511 ext. 6679
MUHC Social Work: (514) 934-1934 ext. 31569
MUHC Spiritual Care: (514) 934-1934 ext. 34163

For more information:
MUHC: Cedars CanSupport
(514) 934-1934 ext. 35297
JGH: Hope & Cope
(514) 514-340-8255
St. Mary’s: Contact CanSupport or Hope & Cope

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.