

Feelings of Depression



Réseau de
cancérologie
Rossy

Rossy
Cancer
Network

Symptom Management Tip Sheet



Let's talk about depression...

- Depression can include a range of feelings like sadness, despair, hopelessness, loss of interest, irritable mood, changes in sleep patterns, loss of appetite, and difficulty making decisions
- If you are having thoughts of harming yourself or others, **CALL 911 IMMEDIATELY** or **THE MONTREAL SUICIDE ACTION LINE 1-866-277-3553**

** If you are undergoing IMMUNOTHERAPY and have these symptoms please contact your healthcare team as soon as possible. Delays can increase side effects and toxicity.*



What you can do

- Consider speaking to a mental health professional for further help.
- Talk to someone you trust. Consider using your support group(s) and/or family/friends to help you out.
- Try relaxation therapy, guided imagery or creative therapies.
- Consider getting extra help from counselling or programs with talk therapy (like Cognitive-Behavioral Therapy and Mindfulness-Based Stress Reduction).
- If your concerns are spiritual, try spiritual counselling, such as focused meditation, prayer, worship or other spiritual activities.

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.

Based on: Remote Symptom Practice Guides for Adults on Cancer Treatments © 2020 D Stacey for the Pan-Canadian Oncology Symptom Triage and Remote Support (COSTaRS) Team. University of Ottawa School of Nursing and the Ottawa Hospital Research Institute, Ottawa, Canada.

Other resources

Managing Depression

<https://bit.ly/cco-depression>

What is Depression (video)

<https://bit.ly/youtube-depression>

More resources at

mcgill.ca/rcr-rcn/patient

Who can help



Nurse Navigator (IPO)

If you have one, please speak with your IPO

Hope & Cope

514-340-8255

Psychosocial Oncology

Ask your doctor or nurse for a referral

If you are getting treatment at:

■ Oncology Clinic, call:

Symptom Management Hotline

514-340-8222 ext. 25529

Mon – Fri. 8h00-16h00

Nights/Weekends: 514-340-8232

■ Radiation Oncology Clinic, call:

514-340-8222 ext. 24124