



THE NEW ZEALAND  
BREAST CANCER  
FOUNDATION

Feeling overwhelmed,  
anxious, fearful?

Talk to a breast  
cancer counsellor.

Whether you're newly diagnosed, undergoing treatment or living with advanced breast cancer, free counselling is available when you need someone to talk to.

[www.nzbcf.org.nz/freecounselling](http://www.nzbcf.org.nz/freecounselling)

FreePost Authority Number 188318



The New Zealand Breast Cancer Foundation  
Breast Care Nurse  
Private Bag 99906  
Newmarket  
Auckland 1149



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### Share the support

Please tell anyone with breast cancer how to access this free NZBCF funded counselling service. They will need their medical practitioner to complete the NZBCF referral form available at [www.nzbcf.org.nz/freecounselling](http://www.nzbcf.org.nz/freecounselling)

#### NEED MORE HELP?

 Call our Breast Care Nurse for advice or information  
**0800BCNurse** (0800 226 8773)

 Email questions to [breastnurse@nzbcf.org.nz](mailto:breastnurse@nzbcf.org.nz)

Check out [www.nzbcf.org.nz/support](http://www.nzbcf.org.nz/support) for other NZBCF support programmes

 Look up [www.nzbcf.org/pinkpages](http://www.nzbcf.org/pinkpages) for breast cancer support services near you

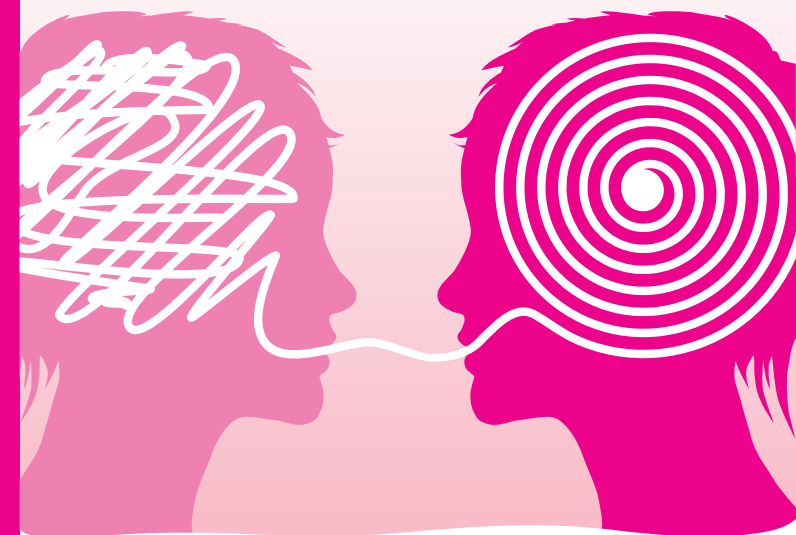
 Message us on **Facebook**:  
[www.facebook.com/NZBreastCancerFoundation](https://www.facebook.com/NZBreastCancerFoundation)

 Follow us on **Twitter**: @NZBCF

[www.nzbcf.org.nz/freecounselling](http://www.nzbcf.org.nz/freecounselling)

# FREE Counselling

## for anyone with breast cancer\*



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\*Medical referral required

0800BCNurse (0800 226 8773)  
[www.nzbcf.org.nz/freecounselling](http://www.nzbcf.org.nz/freecounselling)

## Professional counselling

The New Zealand Breast Cancer Foundation (NZBCF) has partnered with Stratos, a national counselling service, to provide support for people coping with the emotional challenges which often accompany breast cancer.

Counselling can help you talk through concerns, manage stress and find better ways to cope and communicate with family and friends. Often it's helpful to talk things through with someone not connected to your life.

### It's free and funded by the NZBCF

- Three sessions of individual counselling (over a 12 month period).
- Either face to face, over the phone or even Skype.
- Family members can attend the sessions with you.

Confidentiality guaranteed

### You choose your own counsellor

- All Stratos counsellors in the Breast Cancer Counselling Service have relevant counselling experience.
- You'll find their individual profiles online.
- You can view these profiles and choose a counsellor to suit you.
- Or call Stratos on 0800 787 2867 to discuss who would suit you best.

## How to access

- Ask your GP, Breast Cancer Specialist, or Breast Nurse to complete the attached referral form.
- Post, scan and email or fax the form to the NZBCF.
- The NZBCF will then send you a voucher number, password and email link to the counselling service website.
- You then select your location and counsellor, and call them to make an appointment.

### About Stratos

- A national network of tertiary qualified professional counsellors.
- Over 20 years of providing counselling support to 50,000 individuals.
- All counsellors are practiced at short-term counselling.
- An annual audit ensures each counsellor undertakes professional development.

A referral is needed - ask your medical practitioner to complete the attached form.



www.stratos-ltd.co.nz



## Counselling Service

## Patient Referral Form

### REFERRAL GUIDELINES

Please refer patients with breast cancer for 3 FREE counselling sessions with a trained professional. Complete this form then mail in Freepost provided, or fax 09 309 0644, or scan and email to [breastnurse@nzbcf.org.nz](mailto:breastnurse@nzbcf.org.nz).

**Who is eligible?** Anyone who has been diagnosed with breast cancer. Referrals may be sent at diagnosis, during treatment, after treatment and at metastatic stage. A family member may accompany the patient to counselling.

Only one referral can be accepted per patient. If a candidate is referred by more than one clinician, the first application will be processed.

### PATIENT DETAILS

Date of Diagnosis	
Referral Date	
Patient Name	
Age	
E-mail Address	
Phone No	
Mobile No	
Postal Address	

### CLINICAL REFERRAL

To be completed by the Breast Cancer specialist / Nurse at breast cancer clinic / or patient's GP

I consider this patient to be eligible for The New Zealand Breast Cancer Foundation counselling service.

Clinician Name	
Position	
Clinic / DHB	
Signed by	

Please complete the following details on the treatment phase:

- Just diagnosed
- Recurrent breast cancer
- Post treatment
- Currently undergoing treatment
- Metastatic/advanced

Why this patient is in need	
Any other comments	

### FOR NZBCF OFFICE USE ONLY

Date Received:

Voucher Number: