

Psychosocial Support Services

Mental health support throughout your cancer journey



Supporting You Beyond Treatment

A diagnosis of cancer, endometriosis, or other medical conditions can bring emotional challenges that may feel difficult to navigate alone. At Hospital Picaso, we believe emotional wellbeing is an essential part of holistic healthcare. Our psychosocial support services work alongside your medical team to support your overall wellbeing:

- Understand and process your emotions
- Cope with uncertainty, fear, and emotional challenges
- Develop practical strategies to manage life changes
- Receive guidance and support throughout your healthcare journey

How We Can Support You

Everyone's experience is unique. Our counselling services are tailored to your individual needs, providing emotional support and practical coping strategies to help you and your loved ones navigate the challenges of illness, treatment, and recovery.

We can support you with:

Coping with a Diagnosis and Treatment

Adjusting to a new diagnosis, understanding your emotions, and navigating the uncertainties of treatment.

Managing Stress and Emotional Wellbeing

Learning practical ways to manage anxiety, sadness, fear, uncertainty, and emotional distress while building resilience.

Support for Family Members and Caregivers

Helping loved ones cope with the emotional demands of caregiving while maintaining their own wellbeing.

Adjusting to Life Changes

Supporting you through changes during treatment, recovery, survivorship, or other significant life transitions.

Grief and Emotional Healing

Providing compassionate support through experiences of loss, grief, and difficult life changes.

Our Counselling Services

Individual Counselling

One-to-one emotional and psychological support in a safe, confidential space

Cancer & Endometriosis Support Counselling

Dedicated cancer and endometriosis counselling support, guiding you through diagnosis, treatment, and recovery

Family & Caregiver Counselling

Support for loved ones in managing stress, emotions, and caregiving responsibilities

Adjustment & Coping Counselling

Supporting individuals in adapting to health conditions, treatments, and life changes

Grief & Bereavement Counselling

Gentle support through loss, grief, and emotional transitions

Survivorship Counselling

Supporting individuals in adjusting to life after treatment and rebuilding confidence

Stress, Anxiety & Depression Management

Providing practical strategies to manage emotional distress and improve wellbeing

Psychoeducation Sessions

Helping individuals understand their emotions and learn effective coping tools

Why Emotional Support Matters

Your emotional wellbeing is an important part of your overall health.

Our counselling is compassionate, confidential, and tailored to your individual needs. Using evidence-based counselling approaches, we help you manage difficult emotions, develop effective coping strategies, and build emotional resilience.

You don't have to face this journey alone.

Seeking emotional support is a sign of strength. Whether you have just been diagnosed, are undergoing treatment, supporting a loved one, or adjusting to life after treatment, our counsellor is here to listen, support, and help you navigate the challenges ahead.



Need someone to talk to?

Speak with Our Counsellor Today

Our counselling services are provided by a registered and licensed counsellor with Lembaga Kaunselor Malaysia, who has extensive experience supporting individuals and families, including those navigating their cancer journey.

Make an appointment and contact us at:

Call: +603-7457 2858

WhatsApp: +6010-390 6332

Email: oncology@picasohospital.com

Location

Room 3A03, Level 3A

Hospital Picaso

Operating Hours

Monday: 8:30 am – 12:30 pm

Tuesday: 1:30 pm – 5:30 pm

Wednesday: 8:30 am – 12:30 pm

Thursday: 1:30 pm – 5:30 pm

Friday: 8:30 am – 12:30 pm

Closed on Saturdays, Sundays, and Public Holidays.



Picaso

HOSPITAL PICASO

PJ Integrated Centre
for Advanced Surgery
and Oncology



HOSPITAL PICASO

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