

Your wellbeing matters to us, we want you to feel supported, valued, and cared for. If you ever find yourself feeling overwhelmed, unsure, or simply needing someone to talk to following a distressing interaction encountered during your volunteering, please use the following support options.

1. Debriefing with a Community Coordinator

If something has affected you during your volunteering - whether emotionally, practically, or unexpectedly - your first point of support is your Community Coordinator.

They can offer a listening ear, talk through what happened, and help you make sense of the situation. Coordinators are experienced in supporting volunteers and understand the unique nature of this work.

3. Additional Support for Volunteers

The Cancer Society Southern will work with volunteers to ensure they are appropriately supported; this may be through an external resource or professional service.

Additional support could be required due to:

- ✿ Ongoing stress or worry
- ✿ Emotional fatigue
- ✿ Difficult situations
- ✿ Grief, loss
- ✿ Compassion fatigue

2. Checking in with a Cancer Navigator

If your concern is related to a client's cancer journey and you want a clearer understanding of what they may be experiencing, a **Cancer Navigator** can help.

Navigators can provide:

- ✿ Insight into the stages or types of cancer
- ✿ Information about treatment impacts
- ✿ Guidance about what is typical or expected
- ✿ Reassurance on how best to support clients

You Are Not Alone

Please remember seeking support is a strength, not a weakness. We deeply appreciate the care and compassion you bring to our clients, and we are committed to looking after you in return.

If you ever feel unsure where to start, simply reach out to your Community Coordinator - together, we will make sure you get the support you need.

If at any time you would like an alternative contact to speak to about your volunteering – you are welcome to reach out to the **Volunteer Partner, Heather Mechaelis** - heather.mechaelis@southerncancer.org.nz or phone 027 482 4567.

Thanks for all that you do.

Southern Cancer Society Team