

## Counselling provides relief – our offers

Although coping with a disease is very personal in nature, it may benefit from psycho-oncological support.

## We offer psychological support to you and your relatives in many regards.

- ▶ Coping with your condition
- ▶ Coping with anxiety and depression
- ▶ Adaptation to crisis
- ▶ Increasing self-esteem
- ▶ Deliberation of decisional options and finding priorities
- ▶ Developing outlooks
- ▶ Coping with problems in partnership and family
- ▶ Stress management
- ▶ Fostering health behavior
- ▶ Relaxation skills training
- ▶ Fatigue diagnosis and treatment

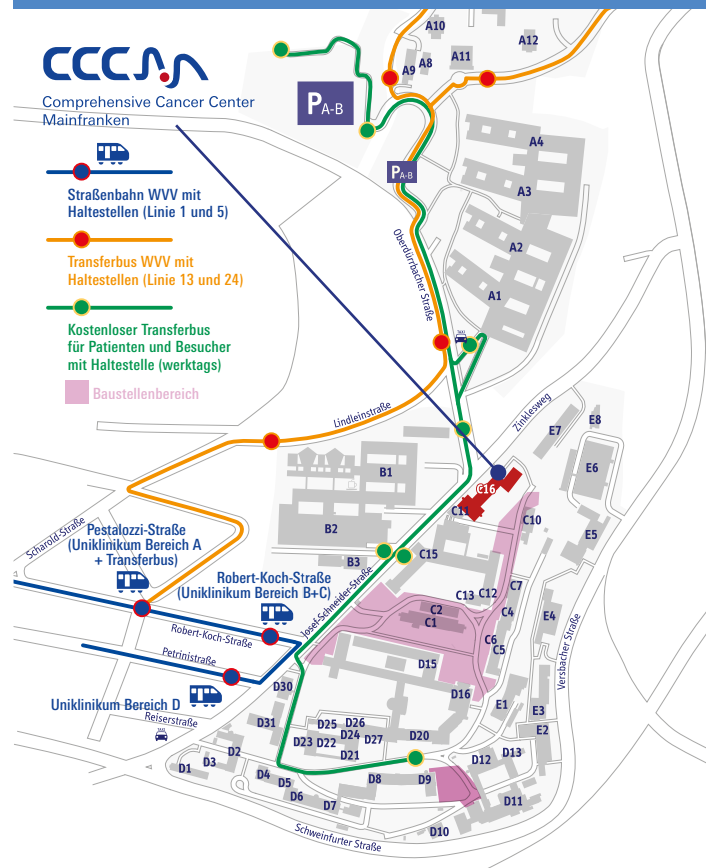
## General Information

For general questions, please contact our staff at the Central Information and Registration:

**Phone: 0931 / 201-35350**

**E-Mail: [anmeldung\\_oz@ukw.de](mailto:anmeldung_oz@ukw.de)**

## Contact and map



### Oncological Center of the University Hospital Würzburg Psycho-Oncological Service

Josef-Schneider-Straße 6 | Building C16  
97080 Würzburg

[www.med.uni-wuerzburg.de/cc](http://www.med.uni-wuerzburg.de/cc)  
[www.oz.ukw.de](http://www.oz.ukw.de)

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**CCCA**  
Comprehensive Cancer Center  
Mainfranken

## Psycho-oncological counselling and support

**DKG**  **Zertifiziertes  
Onkologisches Zentrum**  
KREBSGESELLSCHAFT

Counselling and support for  
psychosocial problems related to cancer

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Julius-Maximilians-  
**UNIVERSITÄT  
WÜRZBURG**

**Uniklinikum  
Würzburg** 

**OZ**  
Onkologisches Zentrum  
Universitätsklinikum Würzburg

Patients diagnosed with cancer frequently experience emotional distress, such as fears and worries. At the beginning of treatment, all bodily, social and psychological sequelae are sometimes hard to foresee. Thus, psycho-oncological care may be important across the illness trajectory, that is, during both inpatient and outpatient treatment. We would like to offer you help with coping with the diagnosis of cancer, getting through treatment and adapting to a changing life.

### Scheduling appointments

Counselling and psychotherapy are provided by psychologists and psycho-oncologically trained physicians in either individual sessions or groups. Partners and relatives are also welcome. Physicians and nursing staff on the ward may help you scheduling an appointment. We offer psycho-oncological care also after the end of your inpatient stay.

Talking to other patients with cancer may also be helpful. We very much appreciate a good cooperation with the self-help groups in our region. We offer you support with finding a contact person and establishing contact.



Leitung  
Dr. Elisabeth Jentschke

### Courses and groups

- ▶ Relaxation
- ▶ Yoga therapy
- ▶ Qigong
- ▶ Self-help group
  - for young adults with cancer
  - for brain tumor patients and relatives
  - for bereaved relatives

### Timeschedule, contact and registration:

**Josef-Schneider Str. 6, Haus C16**  
**97080 Würzburg**  
**Telefon: 0931-201 35350**  
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