



Krabbameinsfélagið  
The Icelandic Cancer Society

**Contact us:**

**Skógarhlíð 8, 105 Reykjavík**

**Telephone:** 800 4040

**Hours:** Monday to Thursday 9am - 4pm,  
Friday 9am - 2pm

**E-mail:** radgjof@krabb.is

**Website:** www.krabb.is

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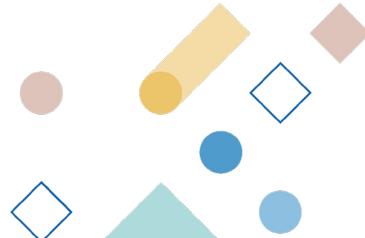
**Glerárgata 24, Akureyri**

**Telephone:** 461 1470

**Hours:** Monday to Thursday 9am – 3pm,  
Friday 9am - 12pm

**E-mail:** kaon@krabb.is

**Website:** www.kaon.is



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## Support and Counselling

We are here to help



If you, or someone close to you, has been diagnosed with cancer, we offer support, counselling and practical information. We can also help navigate the grieving process after the loss of a loved one.

Our goal is to help you regain balance in your daily life following the changes brought on by a cancer diagnosis, for as long as you need.

A team of specialised nurses, psychologists and social workers provides support in Icelandic, English, Polish and German.

We offer remote sessions and webinars, and stream events, so that distance is never a barrier. Our specialists also regularly travel around the country to provide temporary services in local communities.

You are always welcome to visit us to learn more about the support we provide. Taking the first step can be difficult, but we are here to make it easier for you.

## **Our services are free of charge.**

A cancer diagnosis can cause uncertainty, and you might experience difficult emotions like anxiety, sadness or even anger. It can impact your daily life and relationships in many ways.

Support needs can vary from person to person and may change over time. You might need help preparing to talk to children and teenagers about cancer, or information about coping with side effects. You may simply want someone neutral to talk to.

The most important thing is to identify what is helpful to you. We are here to support you in any way you need.

### **Our services include:**

- Counselling for individuals, couples and families
- Remote consultation (via telephone or video)
- Practical information on social resources and patient rights
- A variety of courses, webinars and guided meditations
- Information about common types of cancer, symptoms and treatments
- Apartments available for a nominal fee for those who live outside the Capital Area and require treatment at the National University Hospital

