



Quick start reference guide:

Helping Mob Live Healthy and Prevent Cancer Toolkit



Homepage

www.cancer.nsw.gov.au/helping-mob-live-healthy-and-prevent-cancer

Top tip: Bookmark or 'favourite' this page for easy access

Section 1: Supporting your clients with staying healthy and preventing cancer

This section contains information to further your knowledge and understanding of cancer screening and prevention, and better engage with mob.

Here you'll find information on:

- [Healthy living to prevent cancer](#)
- [Bowel screening](#)
- [Breast screening](#)
- [Cervical screening](#)
- [Quitting smoking](#)
- [Testing for other cancers](#) (lung and prostate cancer)

You can print pages from this section and share these with your clients or staff.

Section 2: Supporting your clients social and emotional wellbeing

Feeling strong and well in your mind and spirit is an important part of health. Topics such as cancer and sickness can make people feel sad, scared, uncertain or shame. In this section:

- Find out where we can get more information and resources about social and emotional wellbeing for our mob
- Get useful links or services available for our clients if they need further help with their social and emotional wellbeing.

Section 3: Resource hub

- [Practical tools for having a yarn](#) - a collection of resources developed for this toolkit. These practical resources support community outreach and health promotion on cancer screening and healthy living actions that help prevent cancer.
- [Cancer screening and prevention resource directory](#) - this resource directory lists our top recommended resources on cancer screening and prevention from other trusted organisations that may be helpful in your work.
- [Local health and support services in NSW](#) - a collation of links to help you find and refer your clients to local services to support them along their health, cancer screening or treatment journey.

Top tip: Keep this guide handy to help you locate and link to the information you're looking for during a client conversation

Find out more about the Toolkit's development process

Discover the aims and development process of this toolkit, co-created with Aboriginal stakeholders for a culturally tailored resource.