

## After the scan

- Results do not come back on the same day. A radiologist will review the images first.
- Results go to the person's GP or nurse practitioner.
- Most nodules found are not cancer.

## You can help by:

- booking or attending follow-up appointments for the person you support with a GP or nurse practitioner
- supporting them to access their results
- encouraging them to talk about any worries.

## Privacy and confidentiality

The person's information is protected. Results are shared with the GP or nurse practitioner that made the referral and the National Cancer Screening Register.

The person can choose who else is involved and their communication preferences. Read more at: [www.ncsr.gov.au/about-us/privacy-policy](http://www.ncsr.gov.au/about-us/privacy-policy)

## If you are a carer, your wellbeing matters too

Supporting someone through screening can be emotional.

You may want to talk to a:

- peer worker
- carer support service
- mental health clinician
- mental health support helpline.



## NATIONAL LUNG CANCER SCREENING PROGRAM



## Carer support services

Carer Gateway  
☎ 1800 422 737

## Mental health support

Lifeline  
☎ 13 11 14

BeyondBlue  
☎ 1300 224 636

Medicare Mental Health  
☎ 1800 595 212

13YARN (First Nations)  
☎ 13 92 76

## Support services

National Cancer Screening Register (NCSR)  
☎ 1800 627 701

Lung Cancer Screening Helpline  
☎ 1800 654 301



Scan the QR code for more information about the National Lung Cancer Screening Program or visit [www.health.gov.au/nlcsp](http://www.health.gov.au/nlcsp)



## Quick guide

for families, carers and support people of someone living with mental health challenges

## Supporting someone through lung cancer screening

People living with mental health challenges can face extra barriers when accessing healthcare. Family, carers and support people play an important role in helping someone feel safe, informed and in control during their lung cancer screening journey. Your support can make the process safer, calmer and more empowering. This fact sheet explains how you can support someone before, during and after their low-dose CT scan, and what you can expect from the process.

### Why your support matters

Screening gives people more options and control over their health.

Your support and presence can make a meaningful difference by helping reduce anxiety, build trust and make the experience feel safer and more predictable.

### What people may experience

Before, during and after a low-dose CT scan, people may experience:

- anxiety or fear about medical settings
- sensory sensitivities, for example, noise, lights or enclosed spaces
- worries about results
- distrust of healthcare systems
- cultural or language barriers
- past difficult experiences in healthcare.

## Your role as a carer or support person

You can:

- advocate for their needs
- ask staff to explain things clearly
- request what may help make the person feel safe and comfortable
- support cultural, spiritual or family based preferences
- help them navigate follow-up appointments.

### Talk about what to expect

You can help by:

- reading lung cancer screening resources together
- asking what they are worried about
- helping them write questions for a GP, nurse practitioner or the radiology clinic
- checking if they need any other support such as an interpreter.

### Help with practical planning

You can help by:

- supporting them to book and attend an appointment with a GP or nurse practitioner to check their eligibility
- helping find a radiology clinic that offers lung cancer screening nearby
- helping organise transport
- reminding them to keep contact details up to date
- offering to be their backup contact.

## Discuss comfort and safety

The person you support may want to complete the National Lung Cancer Screening Program Safety & Comfort Plan with you. This plan helps prepare and tell the radiology clinic what the person needs.

For example, this may include:

- sensory needs for earplugs or dimmed lights
- communication preferences including clear explanations or minimal conversation
- whether they want you nearby
- past experiences they want staff to be aware of.

### On the day of the scan

You can help by:

- checking in at reception together
- asking for a quiet waiting area if available
- letting staff know about any sensory, cultural or communication needs
- supporting them to remove jewellery or change into a gown if required.

### During the scan

You usually cannot be in the CT room, but you can stay close by. Remind them that they can ask the radiographer if they need to pause or stop the procedure. The scan itself is quick, about 10 seconds and involves no needles or pain. The whole appointment may take up to 20 minutes. The person may experience discomfort associated with laying down on a CT scan table.

### If the person feels distressed

You can support them by:

- encouraging them to use grounding or breathing techniques
- offering reassurance and staying calm yourself
- helping them to connect to additional supports
- encouraging them to take breaks or step outside.