

Melanoma Support Services

Fact Sheet

NO FEE SERVICES

Melanoma Patients Australia

Information about finding support can be found on the MPA website: melanomapatients.org.au



National Melanoma Support Line: 1300 88 44 50

- Melanoma information
- Referral to local services
- Telephone support groups
- Face-to-face groups
- Closed Facebook support group
- Peer-to-peer linkage

Cancer Council

Information about finding support can be found on the Cancer Council website: cancercouncil.com.au



Cancer Council Helpline: 13 11 20

- Telephone information and referral
- Support service linkage
- Financial assistance and financial counselling
- Information and counselling referrals to local practitioners with expertise in cancer
- In-home help information
- Community transport service information
- Legal advice



CanTeen

Information and support services for those aged 12-25 years affected by their own or a family member's cancer. Further information and resources can be accessed through the Canteen website: canteen.org.au

Canteen: 1800 835 932

- Telephone information
- Counselling and individual support
- Peer support
- Resources
- Canteen Connect app



Youth Cancer Services NSW and ACT

Youth Cancer Services specialise in supporting adolescents and young adults (aged 15-25 years) with cancer and their families. A referral from your health care professional is required. Further information and resources can be accessed through the Canteen website: canteen.org.au/youth-cancer/find-ycs

- Sydney: **(02) 9382 0945**
- Western Sydney: **(02) 9845 2142** or **0408 732 714**
- Hunter and Northern NSW: **(02) 4014 4682** or **0407 398 569**
- Canberra: **(02) 6174 5788** or **0478 401 535**

Mental Health Services

Melanoma Institute Australia

Clinical psychology services are available at MIA, operating on Tuesday and Wednesday. Referral by your health care professional is preferred, although self-referrals are accepted. Please note that this is not a crisis mental health service.

Melanoma Institute Australia Clinical Psychology Service:

(02) 9911 7285 or psychology@melanoma.org.au

Telephone and Online Services

NSW Mental Health Line provides professional help, advice and referrals:
1800 011 511

Lifeline is a 24-hour crisis support hotline: **13 11 14**

Kids Helpline is available for kids, teens, young adults and parent/carers:
1800 55 1800

1800RESPECT is a 24-hour national sexual assault, family and domestic violence counselling line: **1800 737 732**

Gidget Foundation Australia offers psychological counselling services for expectant and new parents: **1300 851 758**

Beyond Blue offers support if you're feeling anxious or depressed:
1300 224 636 or chat online (1pm to midnight): online.beyondblue.org.au

Black Dog Institute provides resources for your mental health and wellbeing:
blackdoginstitute.org.au

RU OK? provides resources to help prevent suicide: ruok.org.au

MensLine Australia is a telephone and online counselling service for men:
1300 78 99 78 or mensline.org.au

Digital Tools and Apps

This Way Up provides online programs and tools for anxiety and depression: thiswayup.org.au

myCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress:
blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass

Smiling Mind and **Headspace** are meditation and mindfulness apps.

FEE FOR SERVICE

Mental Health Services

Referral can be made through your GP. Medicare rebates are available for up to 20 sessions per year through the Mental Health Care Plan. Please discuss your eligibility with your GP.

Further information is available at:
healthdirect.gov.au/mental-health-treatment-plan

Local practitioners can be suggested by your GP or found through either the Australian Clinical Psychology Association:
acpa.org.au/find-a-clinical-psychologist
or Australian Psychological Society: psychology.org.au/find-a-psychologist

HeadwayHealth

Clinical and consulting psychology services, including cancer support (telehealth available): **(02) 9453 3027**. Further information available at: headwayhealth.com.au

Mind My Health

Specialises in cancer support and health psychology (telehealth available): **(02) 8883 0033**. Further information available at: mindmyhealth.com.au

Wellbeing Services

PhysioOncology

The Poche Centre has a lymphoedema and cancer-related physiotherapy service available, including lymphoedema monitoring, compression therapy, manual lymphatic drainage, exercise therapy and more. Medicare and health insurance rebates are available.

Further information is available at: physiooncology.com.au and bookings can be made by phone: **(02) 9911 7210**

CANutrition

An experienced cancer dietitian is available at The Poche Centre to provide you with a nutrition health assessment and the development of a treatment-specific nutrition plan. Medicare and health insurance rebates are available.

For further information and telehealth bookings, visit: canutrition.com.au or for bookings at The Poche Centre, phone: **02 9911 7210**

Kay Van Norton Centre for Wellbeing

The centre at the Mater Hospital offers a variety of services including meditation, acupuncture, reflexology, dietetics/nutrition, oncology massage, exercise physiology, physiotherapy, yoga, Pilates, art therapy, small group exercise classes and clinical psychology.

It operates Monday-Thursday (8am-4pm) at 11 Gilles St, Wollstonecraft. Information and bookings can be made by phone: **(02) 9923 7246** or email: admin.materwellbeing@svha.org.au

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