



A guide to
**Melanoma Patients
Australia Services**

Support when you need it most

Over recent years we have found that a large proportion of people that contact MPA are looking for emotional support, information and connections with others who are personally impacted by melanoma. We are working hard to ensure those needs are met through a variety of service and support options.

Telephone Support

MPA offers **Emotional Support, Information and Connections** via telephone to people affected by melanoma.

The initial shock of a melanoma diagnosis or recurrence can be overwhelming. You may wish to speak freely with a person who understands your situation and is experienced in providing compassionate emotional support. You may feel confused, frightened or anxious. Talking about life and death, grief and loss concerns can be confronting, so having someone you can be open with may bring some peace.

Contact and support can continue for as long as support is required. You will feel safe, supported and reassured as you face an extremely difficult life crisis.

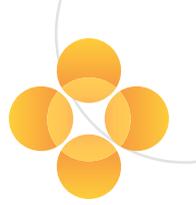
In collaboration with Cancer Council NSW (CCNSW) MPA will continue to provide **Telephone Support Group (TSG) Sessions for those with Metastatic Melanoma**. The group meets twice a month on the 2nd and 4th Wednesday for an hour each session. This TSG is open to anyone in Australia

with metastatic melanoma. The groups are facilitated by two health professionals, one from MPA and one from CCNSW. This service provides another option to overcome the tyrannies of distance, health and mobility whilst still providing a safe place to share feelings, experiences and gather ideas.

Our team has a range of backgrounds, experience and excellent qualifications and cover a wide range of relevant disciplines such as nursing, social work, counselling and lived experience of melanoma. Therefore, providing patients and families with access to a holistic range of knowledge and support.

When you contact MPA we will work with you to answer your questions, provide empathic support and information which is tailored to your needs.

If the MPA Support Team believes that you have a higher-level psycho-social or psychological needs that cannot be met by the MPA team -we will refer you to appropriate services e.g. specialists tailored to your specific requirements.



Support Groups – On-Line

MPA offers the incredibly popular MPA Facebook Support Group. There is an average of 50 requests per month to join the group and members share their personal stories and melanoma insights with each other.

MPA has a Facebook support group that will provide you with that safe, private and supportive space without you having to leave your home and is available 24/7. The barriers of distance, time, health and age can be overcome. This is a peer to peer support group, moderated by the MPA Support Team on a regular basis.

Go to the Facebook Page: ***Melanoma Patients Australia Closed Support Group*** and ask to join. All those impacted by melanoma and living in Australia are welcome.

Support Groups – Face to Face

MPA groups meet on a regular basis and are unstructured, relaxed get-togethers open to those with melanoma and their family members and friends. These groups offer a safe and understanding environment and provide first hand insights, information and comfort to those attending. All are facilitated by MPA's trained volunteer Support Group Facilitators.

Currently MPA has regular Face to Face Support Groups in: Brisbane, Sunshine Coast, Melbourne, Toowoomba, Gold Coast, Adelaide, Canberra, Mackay, Hunter Region, Townsville and Darwin.

Peer to Peer Support

We realise how reassuring it is to be able to talk to someone who truly understands what you are going through– who's been through it themselves. MPA can link you to someone who has had a similar experience to yours so you can exchange ideas and share your story. It may be possible to link you with someone of a similar age or who lives in the same area.

Patient Forums

As the treatment landscape for melanoma is constantly changing and often expert knowledge is difficult to access, MPA provides public information forums at different locations around Australia each year. There are always a variety of topics covered so the events are always well attended. The forums provide the opportunity to make connections as well as offering education on a range of topics related to melanoma.

“Thanks so much for your valuable call. My family rested a little easier last night. What an incredible service your organisation runs. Just fantastic. Much gratitude.”

Adam, MPA Member

Resources and Materials

MPA has a wide selection of high-quality resources on varied topics and in a range of formats available for those affected by melanoma.

We have printed and electronic information that can help you better understand key issues. This information can be found through our website: www.melanomapatients.org.au. You can also call or email us at info@melanomapatients.org.au.

Social Media

You can connect with MPA through our social media channels to keep abreast of the latest melanoma news and information both nationally and internationally.

 www.facebook.com/MelanomaPatientsAustralia

 www.twitter.com/melanomasupport

Newsletter

To join our mailing list for our quarterly newsletter and other updates please subscribe by visiting our website.

National Melanoma Support Line 1300 88 44 50

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