

PATIENT GUIDE

Getting Support: After Treatment

The aim of this patient guide is to provide you with resources you may wish to access in relation to your melanoma after treatment. It is important to note that not all resources will be necessary or relevant to you. Additionally, some resources provided in this patient guide may become more relevant throughout your melanoma journey. This patient guide provides website links as well as links to booklets.

Please note:

- All links provided were accessible at the time of publishing. If you encounter any difficulties please reach out to Melanoma Patients Australia for assistance.
- This is not an exhaustive list. Please check your individual states for state-based support and care.

General information and resources

Melanoma Patients Australia

- **Melanoma Telehealth Nurse Service:**
A free and confidential service offering evidence-based information and support. To book a consult, please click on the link - [Melanoma Nurse Telehealth Service - Melanoma Patients Australia](#)

- **Melanoma Support Line 1800 88 44 50:**

Available Monday to Friday in business hours offering a listening ear and advice and access into Melanoma Patients Australia services.

- **Closed Facebook Support Group:**

[Melanoma Patients Australia Support Group | Facebook](#)

- For more information, visit the [Melanoma Patients Australia website](#)

Melanoma Institute Australia

Melanoma information and resources

www.melanoma.org.au

Optimal Care Pathway

Australian Government diagnosis and treatment guidelines for melanoma

[melanoma-optimal-cancer-care-pathway](#)

MSCAN

Melanoma information and resources

www.mscan.org.au

Cancer Australia

Cancer Information and resources

www.canceraustralia.gov.au

Cancer Council

Cancer information, resources and support

www.cancer.org.au

Survivorship

Australian Cancer Survivorship Centre

The Australian Cancer Survivorship Centre (ACSC) aims to optimise the health and wellbeing of cancer survivors and their carers

www.petermac.org/patients-and-carers/support-and-wellbeing/life-after-treatment/common-survivorship-issues-directory

Living Well After Cancer (booklet)– Cancer Council

[Living Well After Cancer \(cancervic.org.au\)](http://LivingWellAfterCancer.cancervic.org.au)

Carer Support

Carer Support and Information

Peter MacCallum Cancer Institute has some great resources for carers

www.petermac.org/patients-and-carers/support-and-wellbeing/life-after-treatment/common-survivorship-issues-directory/issues-and-concerns-for-carers-families-and-friends

Carer Gateway

Australian government site providing carer information and support

www.carergateway.gov.au

Carers Australia

Information and support for carers

www.carersaustralia.com.au

Caring for someone with cancer (booklet)– Cancer Council

[Caring for Someone with Cancer](#)

Young Carers Network

Information, resources and support for young carers (up to 25 years old)

www.youngcarersnetwork.com.au

Finances

Cancer and your finances (booklet)–Cancer Council

[Cancer and Your Finances](#)

Working after a cancer diagnosis (booklet) – Cancer Council

[Cancer, work and you | Cancer Council](#)

Financial Assistance + Advice– Cancer Council

[Practical and financial assistance | Cancer Council](#)

Diet

Eat for Health

Australian dietary guidelines

www.eatforhealth.gov.au

Mental health and wellbeing

Cancer Council Support Services

Offer counselling and psychology services
[Support and Services | Cancer Council](#)

Mental Health Care Plan

Information on how to obtain a mental health care plan from your GP to access Medicare rebated psychology services
[Mental health care and Medicare - Medicare - Services Australia](#)

Beyond Blue

Support and advice around mental health and wellbeing
www.beyondblue.org.au

Lifeline

Crisis support, suicide prevention
www.lifeline.org.au

The Black Dog Institute

Mental Health Support and Information
www.blackdoginstitute.org.au

Head to Health

Find mental health resources
www.headtohealth.gov.au

Headspace

Youth mental health support
www.headspace.org.au

MensLine

Free telephone and online counselling
www.mensline.org.au

Mental Health Online

Provide online services and programs
www.mentalhealthonline.org.au

Emotions and Cancer (booklet) | Cancer Council

[Emotions and Cancer \(cancer council.com.au\)](#)

Podcast: Meditation and Relaxation | Cancer Council NSW

[Podcast: Finding Calm During Cancer](#)

Cancer Mind Care

This site helps you to look after your mind when you are affected by cancer.

www.cancermindcare.org.au

This Way Up

Provide self-paced online programs that teach strategies to help you improve the way you feel.

www.thiswayup.org.au

MindSpot

Offer courses with a set of lessons and resources

www.mindspot.org.au

Smiling Mind

Provides daily meditation and mindfulness exercises

App – [Smiling Mind](#)

Metastatic Disease

Dreams2live4

Provides a dream for patients living with metastatic cancer

www.dreams2live4.org.au

Living with Advanced Cancer (booklet) – Cancer Council

[Living with Advanced Cancer \(cancercouncil.com.au\)](http://LivingwithAdvancedCancer.cancercouncil.com.au)

Palliative Care Information

Care Search (Palliative Care)

Palliative care information, resources and services

www.caresearch.com.au

Palliative Care Australia

Individual state information and resources

[Palliative Care Australia](#)

PalAssist

A Palliative Care resource for patients for support with advance care planning, legal issues, etc. Telephone support is available 7 days per week, from 7am – 7pm. Phone 1800 772 273

[Home - PalAssist](#)

Indigenous Support

13YARN

Aboriginal and Torres Strait Islander crisis support service

www.13yarn.org.au

melanomapatients.org.au

Our Mob and Cancer

Information and support for Indigenous Australians with cancer
www.ourmobandcancer.gov.au

Lymphodema

Australian Lymphology Association

Provides information and resources in relation to lymphedema.
www.lymphoedema.org.au

Skin Protection

SunSmart App

Tells you when the UV is 3 and above with sun protection recommended for your location
[SunSmart app - SunSmart](#)

Advanced Care Planning

Advanced Care Plan

Planning for your future health care
www.advancedcareplanning.org.au

Your Life Assist

Provides information and resources for getting affairs in order
www.yourlifeassist.com.au

Connecting with Melanoma Patients Australia Support Programs

Melanoma Support Line 1300 88 44 50

Connect with other patients through [Melanoma Patients Peer Support Programs](#) via the website

Connect with [Melanoma Patients Australia Melanoma Telehealth Nurse](#)

The information contained in this resource is intended to be a guide. Every patient is different and will have different experiences, the information contained in this resource will not apply to all patients. This information is not aimed specifically to an individual and it is therefore important that patients always consult their specialist doctor or other medical professional (e.g., General Practitioner) about any specific matters affecting their individual treatment and care. The information in this guide is not intended to replace medical information or substitute the formal professional advice or your supportive care team. Melanoma Patients Australia exclude all liability for any injury, loss or damage incurred by using or relying on the information provided in this resource.

Updated October 2025

melanomapatients.org.au