

PATIENT GUIDE

Getting Support: Diagnosis

The aim of this patient guide is to provide you with a list of organisations and helpful resources related to your melanoma treatment. It is important to note that not all resources will be necessary or relevant to you. Some of the resources mentioned here might become more important as you go through your melanoma journey.

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](#)
- **National Melanoma Support Line (1300 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

Mental health and wellbeing

Online/over the phone help

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

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](#)

Emotions and Cancer (booklet)– Cancer Council

[Emotions and Cancer \(cancercouncil.com.au\)](http://Emotions and Cancer (cancercouncil.com.au))

Podcast: Meditation and Relaxation | Cancer Council NSW

[Podcast: Cancer Council NSW- Finding calm during cancer](#)

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](#)

Financial Counselling Australia

Free over the phone financial advice and support

www.financialcounsellingaustralia.org.au

Medicare Safety Net

Information + registration

[Medicare Safety Nets – Services Australia](#)

Patient Assisted Travel Scheme

All states provide a patient assisted travel scheme. Click on the relevant state to check eligibility. You can find more information about the Patient Assisted Travel Scheme (PATS) here: [pats-fact-sheet-and-guide-2024.pdf](#)

WA - [WA Country Health Service – Patient Assisted Travel Scheme – PATS](#)

VIC - [Victorian Patient Transport Assistance Scheme \(VPTAS\) \(health.vic.gov.au\)](http://health.vic.gov.au)

SA - [Home | Patient Assistant Transport Scheme | SA Health \(pats.sa.gov.au\)](http://pats.sa.gov.au)

NT - [Patient Assistance Travel Scheme | NT.GOV.AU](http://NT.GOV.AU)

TAS - [PTAS | Tasmanian Department of Health](#)

QLD - [The Patient Travel Subsidy Scheme | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](http://www.qld.gov.au)

NSW - [Isolated Patients Travel and Accommodation Assistance Scheme \(IPTAAS\) – Transport for health \(nsw.gov.au\)](http://nsw.gov.au)

Support

Gather my Crew

The Gather my Crew App helps coordinate the support of friends and family

www.gathermycrew.org.au

Look Good Feel Better

The program is open to all people with cancer who are undergoing treatment

www.lookgoodfeelbetter.org

Metastatic Disease

MSCAN– Spot on Resource (booklet)

A helpful guide for people with advanced melanoma

[MSCAN booklet.pdf](#)

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))

Rare melanoma

Rare Cancers Australia

www.rarecancers.org.au

Palliative Care Information

Care Search (Palliative Care)

Palliative care information, resources and services

www.caresearch.com.au

Skin Protection

SunSmart App

Tells you when the UV is 3 and above with sun protection recommended for your location

[SunSmart app - SunSmart](#)

Indigenous Support

13YARN

Aboriginal and Torres Strait Islander crisis support service

www.13yarn.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

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

National 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.

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