

PATIENT GUIDE

Getting Support for Your Melanoma Journey: Diagnosis through to living well after treatment

Reliable resources can help you stay informed and supported throughout your melanoma journey. The following resources offer practical guidance, emotional support and trustworthy information when you need it most.

Some resources are useful at any stage of your journey, while others may be more relevant at specific times, and not every resource will apply to your situation.^[1]

Specific resources for people from diverse communities are also included.

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[1]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 Melanoma Services, Information and Resources

Melanoma Patients Australia

Melanoma Patients Australia provides free and confidential support services, including telehealth nursing, counselling, peer support programs and reliable information to people affected by melanoma, including patients, family and support people.

<u>Book a Melanoma Nurse Telehealth or Nurse Counselling Appointment</u>	Call the National Melanoma Support Line 1300 88 44 50	<u>Join a Support Group</u>
<u>Visit the Melanoma Patients Australia Website</u>	<u>Visit the Melanoma Patients Australia Regional, Rural and Remote Hub</u>	

Optimal Care Pathway

Optimal Care Pathways (OCP) set out the best way to provide safe, high-quality cancer care based on evidence, so that everyone with cancer gets the right care, no matter who they are or where they live. There is an OCP for melanoma, and one for Aboriginal and Torres Strait Islander People with cancer.

[Optimal Care Pathway for People with Melanoma](#)

[Optimal Care Pathway for Adolescents and Young People with Cancer](#)

[Optimal Care Pathway for Aboriginal and Torres Strait Islander People with Cancer](#)

[Optimal Care Pathway for Older People with Cancer](#)

Melanoma Institute Australia

Providing innovative, research, treatment and education programs.
www.melanoma.org.au

Rare Cancers Australia

Have you been diagnosed with a rare form of melanoma? You can get additional resources from Rare Cancers Australia.
www.rarecancers.org.au

Melanoma & Skin Cancer Advocacy Network

Provides information and advocacy for better skin cancer care and research.
www.mscaan.org.au

Australian Skin Cancer Foundation

Provides free community skin checks, education and advocacy to help Australians detect skin cancer early.
www.australianskincancerfoundation.org

Skin Check Champions

Awareness raising for and access to early detection services.
skincheckchampions.com

General Cancer Services, Information and Resources

Cancer Council

Provides comprehensive practical, emotional, and informational cancer support across Australia, offering services such as counselling, peer support, transport, financial assistance, and a free information line.

www.cancer.org.au

Cancer Care and Your Rights

A guide for people with cancer, their families, and friends.

[cancer-care-and-your-rights-booklet](#)

Cancer Australia

Cancer Australia works to reduce the impact of cancer by ensuring people affected by cancer can access high-quality support, information, and care through national guidance, advocacy, and collaboration with cancer support organisations across Australia.

www.canceraustralia.gov.au

WeCan

An Australian supportive care website that helps people affected by cancer find the information, resources and support they need.

[WeCan](#)

Can We

A platform created by ACON for LGBTIQ+, to help each other stay healthy and reduce our risk of cancer.

[CanWe](#)

Older Can

As cancer becomes more common with age, Older Can provides practical resources to help older Australians and those close to them navigate the physical, functional, social, and emotional challenges of a diagnosis.

[OlderCan - WeCan Cancer Supportive Care](#)

Our Mob and Cancer

Resources developed for Aboriginal and Torres Strait Islander people by Aboriginal and Torres Strait Islander people, provides information about cancer, including Melanoma.

[Our Mob and Cancer](#)

Clinical Trials

These websites can help you find clinical trials for melanoma and other cancers in Australia and worldwide.

Australian Clinical Trials

www.australianclinicaltrials.gov.au

Global Clinical Trials

www.ClinicalTrials.gov

Clin Trial Refer

www.clintrialrefer.org.au

TeleTrial

<https://australianteletrialprogram.gov.au>

melanomapatients.org.au

Key Health Consideration

Fertility

Cancer Council Booklet
[Cancer and Fertility](#)

Lymphoedema

Australian Lymphology Association
www.lymphoedema.org.au

Seeking a second opinion

[Getting a Second Opinion | Your Rights | Cancer Council NSW](#)

SunSmart App

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

Metastatic Disease

MSCAN- Spot on Resource

A helpful guide for people with advanced melanoma
[MSCAN Spot on](#)

Dreams2live4

Provides a dream for patients living with metastatic cancer
[Dreams2live4](#)

Living with Advanced Cancer Booklet

[Living with Advanced Cancer \(booklet\) - Cancer Council](#)

Living Well with Cancer

Living well with cancer is about more than managing treatment—it's about maintaining quality of life, emotional wellbeing, and a sense of control throughout the journey. These resources offer practical strategies and support options to help people live well with cancer.

Melanoma Patients Australia Wellness Hub

Free information, guidance and support.
[Wellness Hub - Melanoma Patients Australia](#)

Living Well After Cancer Booklet

[Cancer Council Living Well](#)

The Australian Cancer Survivorship Centre

Health and Wellbeing after cancer.
[Australian Cancer Survivorship Centre](#)

Eat for Health

[Australian dietary guidelines](#)

Palliative Care and Advanced Care Planning

Advanced Care Plan

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

Care Search (Palliative Care)

Palliative care information, resources and services.
www.caresearch.com.au

PalAssist

Provides support with advance care planning, legal issues, etc. Telephone support is available 7 days per week.
<https://www.palassist.org.au>

Mental Health and Wellbeing – Melanoma and Cancer Specific

Free and confidential service offering emotional support to people affected by melanoma.

Melanoma Patients Australia Nurse Counsellor

[Melanoma Nurse Counselling Service](#)

Melanoma Patients Australia Wellness Hub

Information, guidance and support.
[Wellness Hub - Melanoma Patients Australia](#)

Cancer Council Support Services

www.cancer.org.au

Look Good Feel Better

Open to all people with cancer who are undergoing treatment.
[Home - Look Good Feel Better](#)

Mental Health and Wellbeing – General

The following national services offer free, confidential mental health support, available by phone, online or text.

13YARN – Aboriginal and Torres Strait Islander Crisis Support

13 92 76
www.13yarn.org.au

Beyond Blue

www.beyondblue.org.au

Black Dog Institute

www.blackdoginstitute.org.au

Head to Health/Medicare Mental Health Centre

www.headtohealth.gov.au

Lifeline

13 11 14
www.lifeline.org.au

MensLine – for Men

1300 78 99 78
www.mensline.org.au

Mental Health Care Plan

Information on Medicare rebated services.
[Services Australia](#)

Mental Health Online

www.mentalhealthonline.org.au

MindSpot

www.mindspot.org.au

Headspace – Youth Mental Health Support

www.headspace.org.au

QLife – LGBTIQA+

1800 184 527

[QLife Services and Directory](#)

Mental Health Self Help

The following self-help tools and resources can support your emotional wellbeing during your melanoma journey, offering practical strategies, relaxation techniques and mental health guidance you can access anytime.

Cancer Mind Care

Online platform for tailored mental health support

<https://cancermindcare.org.au/>

Smiling Mind App

Meditation and mindfulness

[Smiling Mind](#)

Emotions and Cancer Booklet

Booklet designed to help you understand more about the emotional impact of cancer.

[Emotions and Cancer \(booklet\)- Cancer Council](#)

This Way Up

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

www.thiswayup.org.au

Finding the Calm During Cancer Podcast

Meditation and relaxation practices.

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

Work and Finances

Managing the costs of cancer treatment can be challenging, particularly if you must travel for treatment or tests. The following services offer financial support, practical assistance and advice to help ease the burden during your melanoma journey.

Cancer Council Booklets

[Cancer and Your Finances Booklet](#)
[Cancer, Work and You Booklet](#)

Cancer Council Practical and Financial Assistance Webpage

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

Live, Work Cancer

Live Work Cancer helps people affected by cancer navigate the challenges of working during and after treatment by providing personalised support, practical tools and guidance to regain confidence and control over their work and career.

[Live Work Cancer](#)

Financial Counselling Australia

Free financial advice over the phone and support.

www.financialcounsellingaustralia.org.au

Carer Support and Information

Melanoma impacts not only the individual diagnosed but also their family and friends, who often serve as the primary source of care and support. The following resources can assist them in this vital role.

Gather my Crew

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

<https://www.gathermycrew.org.au/>

Peter MacCallum Cancer Institute

Provides great resources for carers

[Issues and concerns for carers, families and friends](#)

Carer Gateway

Australian government service providing carer information and support

www.carergateway.gov.au

Carers Australia

Information and support for carers

www.carersaustralia.com.au

Carer Help

Resources and Information for carers

www.carershelp.com.au

Young Carers Network

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

www.youngcarersnetwork.com

Caring for Someone with Cancer Booklet

[Cancer Council caring for Someone with Cancer](#)

Support for Children

When a parent is diagnosed with cancer, children often need extra care and reassurance, these resources are designed to support both children and parents in navigating this experience together.

Canteen

For parents with cancer

www.canteen.org.au

Camp Quality

For parents with cancer

<https://www.campquality.org.au/>

Mummies Wish

For mums of young children

www.mummyswish.org.au

Talking to Children About Cancer Booklet

[Cancer Council Talking to Kids](#)

Understanding Melanoma Comic Book

[Understanding Melanoma Comic](#)

Cancer Hub

For families affected by cancer
www.cancerhub.org.au

Parentline

Counselling and support for parents
[Parentline - DFFH Services](#)

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.

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melanomapatient.org.au