

# Melanoma Support Services

## Fact Sheet

### Melanoma Institute Australia (incorporating melanomaWA)



Information and support services for those affected by melanoma and their families. Further information and resources can be found at the MIA website: [melanoma.org.au](http://melanoma.org.au)

#### **melanomaWA: 08 9322 1908**

A Melanoma Community Support Nurse is available to provide free assistance and support to patients and their carers through:

- Assistance navigating the healthcare system and accessing relevant allied health services
- Providing expert education and support
- Supporting you to proactively manage your melanoma diagnosis
- Face-to-face support groups in Perth and the South-West
- A closed Facebook support group

Our Melanoma Community Support Nurse can be reached on **0459 463 451** or via email at [wa@melanoma.org.au](mailto:wa@melanoma.org.au)

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### Melanoma Patients Australia

Information about finding support can be found on the MPA website: [melanomapatients.org.au](http://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



## WA Kirkbride Melanoma Advisory Service

WA Kirkbride Melanoma Advisory Service (WAKMAS) is a free state-wide service providing management advice for patients diagnosed with invasive melanoma.



The role of WAKMAS is to provide information and advice to you and your doctor about your melanoma and its management. Referrals can be made by your GP or specialist.

Further information can be found on the WAKMAS website: [wakmas.org.au](http://wakmas.org.au) phone **08 6151 0860** or email [wakmas@perkins.org.au](mailto:wakmas@perkins.org.au)

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## Cancer Council

Information can be found on the Cancer Council website: [cancerwa.asn.au](http://cancerwa.asn.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



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## 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](http://canteen.org.au)

### Canteen: 1800 835 932

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



## Solaris Cancer Care

A community-based healthcare organisation providing support and promoting overall quality of life and wellbeing. Further information can be found on the Solaris Cancer Care website: [solariscancercare.org.au](http://solariscancercare.org.au)

### Solaris Cancer Care: 08 9384 3544

- Counselling for individuals and families affected by cancer
- Support groups
- Complementary integrated therapies
- Education and exercise programs
- Wellness and survivorship activities
- Psychoeducational workshops and short courses
- Bereavement programs



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## CANutrition

An experienced cancer dietitian is available via telehealth 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](http://canutrition.com.au)

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## Mental Health Services

Referral can be made through your GP. Medicare rebates are available 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](http://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](http://acpa.org.au/find-a-clinical-psychologist)

or Australian Psychological Society: [psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist)

### WA Psycho-Oncology Service

The WA Psycho-Oncology Service (WAPOS) provides clinical psychology care to adult Western Australians who are affected by cancer. Referral can be made through your health care worker.

Further information is available at:

[scgh.health.wa.gov.au/Our-Services/Service-directory/Psycho-Oncology](http://scgh.health.wa.gov.au/Our-Services/Service-directory/Psycho-Oncology)

## Telephone and Online Services

**Crisis Care** offers after hours support during concerns for a child's safety and wellbeing or for people experiencing crisis: **1800 199 008**

**Mental Health Emergency Response Line** is available 24 hours a day for emergency mental health support in the community: **1300 555 788**

**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: [online.beyondblue.org.au](https://online.beyondblue.org.au)

**Black Dog Institute** provides resources for your mental health and wellbeing: [blackdoginstitute.org.au](https://blackdoginstitute.org.au)

**RU OK?** provides resources to help prevent suicide: [ruok.org.au](https://ruok.org.au)

**MensLine Australia** is a telephone and online counselling service for men: **1300 78 99 78** or [mensline.org.au](https://mensline.org.au)

**Healthdirect** provides free, trusted health advice 24 hours a day, 7 days a week: **1800 022 222**

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## Digital Tools and Apps

**This Way Up** provides online programs and tools for anxiety and depression: [thiswayup.org.au](https://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](https://blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass)

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

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