

# Clinical Psychology Service

Providing clinical psychology treatment and support for people affected by melanoma.



## Clinical Psychology Service

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Melanoma  
Institute Australia

## How we can Help

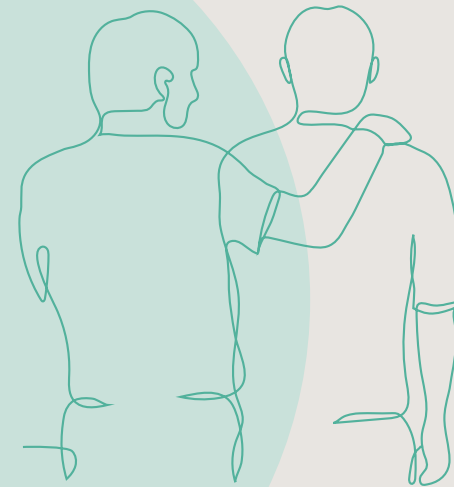
Learning that you have melanoma can be unexpected, frightening, and a time of physical, social and emotional changes. Coping with these changes can be an overwhelming and stressful experience.

The MIA Clinical Psychology Service provides support to patients affected with melanoma to cope with diagnosis, treatment and beyond.

For some people seeing a psychologist for the first time can be daunting



For more information please see: 'Seeing a psychologist as part of your melanoma support team' <https://melanoma.org.au/news/seeing-a-psychologist-as-a-part-of-your-melanoma-support-team/>



### WAYS IN WHICH OUR CLINICAL PSYCHOLOGY TEAM CAN HELP INCLUDE:

- **A space for you to talk about** your thoughts and feelings about melanoma
- **Supporting you through** grief and loss, and changes related to a melanoma diagnosis
- **Identifying new ways of thinking and behaving** to make it easier to cope during difficult times
- **Practical strategies to manage** worries that melanoma may come back or get worse
- **Coping with fatigue**, sleep difficulties and other common side-effects of melanoma treatment
- **Helping to identify the important priorities** in your life and brainstorming ways to live a life closer to what you value

### WHAT TO EXPECT

**The purpose of the first session** is for the psychologist to build trust, get to know you and understand the reasons that have prompted you to seek help.

Your psychologist will provide information about the service and then may ask you questions about your difficulties, your melanoma and your life in general.

Alternatively, they may leave it to you to lead the conversation about what is most important to you to talk about.

**In follow up sessions**, you and your psychologist will further explore your concerns and discuss ways to better understand and manage your emotions, thinking and behaviour.

**PLEASE NOTE THAT OUR SERVICE IS NOT AN EMERGENCY OR CRISIS SERVICE.**

If you are experiencing an emergency or crisis, please contact the following:

Emergency Services: 000  
Lifeline: 13 11 14

The MIA Clinical Psychology Service provides short-term psychological support to patients with a melanoma diagnosis, treatment, survivorship or palliative care concerns.



**HOURS** The service operates on **Wednesday, Thursday and Friday.**

**DURATION** Initial appointments are up to **90 minutes** and subsequent appointments are **50 minutes** in length.

**COST** This service is provided free of charge for patients of Melanoma Institute Australia.

**MAKE A BOOKING** Please speak to your MIA health care professional about providing a referral to our service.

Appointments can be in person at the Poche Centre or via Telehealth. Patients of MIA can also make a self-referral by contacting our service directly.

## Patient Support

### SUPPORTIVE CARE MATTERS

Articles about topics that matter to melanoma patients and their loved ones can be accessed at:

<https://melanoma.org.au/for-patients/patient-support/>

### PATIENT SUPPORT GROUPS

MIA is pleased to partner with Melanoma Patients Australia (MPA) to support melanoma patients around Australia. Support meetings are held monthly around Australia in face-to-face group meetings and online. For further information please visit:

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

### MELANOMA SUPPORT SERVICES

Details of services in the community that may be helpful for melanoma patients and their loved ones, which can be accessed on our website:

<https://melanoma.org.au/wp-content/uploads/2022/07/Support-Services-Poche-July-22.pdf>

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