

Rare Cancer Support Guide

RELATIONSHIPS AND SUPPORT

USEFUL RESOURCES

Well-being, emotions and support

TITLE	ORGANISATION	HOW IT CAN HELP	LINK
Psychological Stress and Cancer	National Cancer Institute	Information and tips about managing psychological stress and cancer	https://www.cancer.gov/about-cancer/coping/feelings/stress-fact-sheet
Cancer Related Post-Traumatic Stress	National Cancer Institute	Information about cancer-related post-traumatic stress in adults, its symptoms and treatment	https://www.cancer.gov/about-cancer/coping/survivorship/new-normal/ptsd-pdq#:~:text=Patients%20may%20also%20have%20feelings,many%20survivors%20of%20stressful%20events
Relaxation and Meditation	Cancer Council	A guide to relaxation and meditation for those with cancer	https://www.cancercouncil.com.au/cancer-information/living-well/complementary-therapies/mind-body-techniques/relaxation-and-meditation/
Counselling and Support for Men	Men's Line Australia	Telephone/online counselling service offering support for Australian men	https://mensline.org.au/
A Conversation Could Change a Life	Are you OK?	Empowering people to meaningfully connect with others around them and start a conversation with those who may be struggling with life	https://www.ruok.org.au/
Peer support, information and counselling services	SANE Australia	Helps connect you with others so you can share your story and experiences in a safe place with someone going through a similar journey	www.sane.org
Men's Support Services	Men's Health Australia	A directory for different support services for men in Australia	https://menshealthaustralia.info/mens-support-services
Crisis Support	Lifeline Australia	Telephone/online counselling service offering support for people and promoting mental well-being	https://www.lifeline.org.au/real-experiences/community-perspectives/men/
Managing Distress	Cancer Australia	Information about cancer and experiencing distress	https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes/distress/managing-distress.html

TITLE	ORGANISATION	HOW IT CAN HELP	LINK
Managing Emotional Changes due to Cancer	Cancer Australia	Information about emotions experienced during the course of a cancer diagnosis	https://www.canceraustralia.gov.au/impacted-by-cancer/emotions
Feelings and Cancer	National Cancer Institute	Information about feelings that may be experienced during a cancer diagnosis	https://www.cancer.gov/about-cancer/coping/feelings
Emotions and Cancer	Cancer Council	A guide to help people understand the emotional impact of cancer	https://www.cancercouncil.com.au/cancer-information/when-you-are-first-diagnosed/emotions-and-cancer/#challenging-times

Breaking the news and managing relationships

TITLE	ORGANISATION	HOW IT CAN HELP	LINK
Helping Children when a Family Member has Cancer	American Cancer Society	How to talk to children about a family member living with cancer	https://www.cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer/dealing-with-diagnosis.html
Telling People You Have Cancer	Canteen	How young people can tell others they are living with cancer	https://www.canteen.org.au/youth-cancer/treatment/relationships/telling-people/
Telling Others About Your Cancer	Livestrong	How to tell others about your cancer diagnosis	https://www.livestrong.org/we-can-help/just-diagnosed/telling-others-about-your-cancer
Stories by patients, carers and families	Conquer: The Patient Voice Magazine	A free magazine written by patients for patients, offering invaluable resources for patients and family members	https://www.conquer-magazine.com/?gclid=EAlaIqobChMlt8mc19L88giVErfICh03dAC6EAYASAAEgLpf_D_BwE
Telling Others About Your Cancer	American Cancer Society	Telling others about your cancer and how to manage reactions/expectations	https://www.cancer.org/treatment/understanding-your-diagnosis/telling-others-about-your-cancer
Sexual Intimacy and Cancer	Cancer Council	How cancer and treatment may affect your sex life	https://www.cancercouncil.com.au/cancer-information/managing-cancer-side-effects/sexuality-intimacy/
Sexuality and Cancer	Canteen	Young people and sexuality during cancer and treatment	https://www.canteen.org.au/young-people/with-cancer/sexuality-and-cancer
Young People and Fertility	Canteen	A guide to fertility for young people after cancer	https://www.canteen.org.au/how-we-help/books-resources/guide-to-fertility-for-young-people-after-cancer
Health Update Resource	Caring Bridge	An online resource to share your health updates with your support network	https://www.caringbridge.org/
A Way to Help Manage Your Carers	Lotsa Helping Hands	An online resource to provide ways your carers and support network can help you	https://lotsahelpinghands.com/

Caring for your loved one and keeping yourself well

TITLE	ORGANISATION	HOW IT CAN HELP	LINK
Caring for yourself	Rare Cancers Australia	Advice for carers on how to take care of yourself when caring for others	https://www.rarecancers.org.au/page/88/carers-corner
Toolkit	Carers Australia	Help for carers looking after someone living in pain and taking opioids	https://RareCancersAustralia.rarecancers.blob.core.windows.net/assets/pages/Carers%20Australia%20Opioid%20Toolkit.pdf
Supporting Someone with Cancer	Cancer Council	Tips and information on caring for someone going through a cancer journey	https://www.cancercouncil.com.au/cancer-information/carers/
End of Life Resources for Carers	Carer Help	Resources and services for carers supporting someone nearing end of life	www.carerhelp.com.au
Carers and Friends	Leukaemia Foundation	Online resources to help care for someone with a blood cancer	https://www.leukaemia.org.au/blood-cancer-information/carers-and-friends/
Patient/Carer Online Support Groups	Pancare Foundation	For carers and patients living with a gastrointestinal cancer	https://www.pancare.org.au/?s=carer
Carers Support Services	Carers Couch	Resources, support services and online support groups for carers of people living with cancer	https://carerscouch.com/card
Managing your Support Team's Communication and Questions	Can do	A free app that is the bridge between people going through treatment for cancer and their support team	https://www.candoapp.com.au/
Services and Support	Carers Gateway	Free support services for carers via an online portal, in person or over the phone	https://www.carergateway.gov.au
Carers Support Service	Carers Australia	A support service for carers in Australia	https://www.carersaustralia.com.au/
Carers Support Service	Cancer Vic	A guide for caring for someone with cancer	https://www.cancervic.org.au/downloads/resources/booklets/Caring-for-someone-with-cancer.pdf
Young Carers Support Service	Little Dreamers	Support for young people who have become carers	https://www.littledreamers.org.au/
Who is a Carer?	Carers Australia	Information on carers and what they do	https://www.carersaustralia.com.au/about-carers/who-is-a-carer/?msclkid=b9cce3385fda147c360d817a14530d36