

## CANCER SUPPORTIVE CARE RESOURCES

**Cancer Council Victoria:** [www.cancervic.org.au](http://www.cancervic.org.au)

- Cancer Services Guide: <https://www.cancervic.org.au/get-support/cancer-services-guide>
- The Thing About Cancer Podcasts: <https://www.cancerCouncil.com.au/podcasts/>
- Cancer Connect
- Cancer Support Groups

**WeCan:** <https://wecan.org.au/>

WeCan is an Australian supportive care website to help people affected by cancer to find the information, resources and support services they may need following a diagnosis of cancer.

**Australian Cancer Survivorship Centre:**

<https://www.petermac.org/services/support-services/australian-cancer-survivorship-centre/survivors-and-carers>

The Australian Cancer Survivorship Centre (ACSC) has developed information resources and events to help people move from initial treatment to post treatment and beyond, including those receiving maintenance treatments.

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### Cancer-specific organisations

**Breast Cancer Network Australia:** <https://www.bcna.org.au/>

**Counterpart:** <https://counterpart.org.au/>

Counterpart is an online resource aimed at women who have been diagnosed with a gynaecological or breast cancer. It is a stepping stone to finding good quality, current information on a range of cancer related topics from reputable sources.

**PCFA: Prostate Cancer Foundation Australia:** <https://www.prostate.org.au/>

**Bowel Cancer Australia:** <https://www.bowelcanceraustralia.org/>

**PanCare (Pancreatic Cancer):** <https://www.pancare.org.au/>

**Leukaemia Foundation:** <https://www.leukaemia.org.au/>

**Myeloma Australia:** <https://myeloma.org.au/>

**Lymphoma Australia:** <https://www.lymphoma.org.au/>

**Lung Foundation Australia:** <https://lungfoundation.com.au/>

**Chinese Cancer Society (Victoria):** <https://www.cccis.org.au/>

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### **Other useful apps**

**myhealthapps.net:** brings together the world's favourite healthcare apps that are tried and tested by people like you, providing a quick and easy way to find trusted apps to: make a difference to your health and help you support someone you care for. Each app is recommended by healthcare communities from all over the world including: empowered consumers, patients, carers and patient groups.

<http://myhealthapps.net/>

### **Plain Med, a plain English medical App from the University of Michigan:**

This free basic app converts medical language into everyday English. Through the app you can browse for a medical term and view its non-medical definition; search a prefix such as "cardio" to easily find the word you want and email the term and its definition to anyone you want.

<http://open.umich.edu/education/med/resources/medical-dictionary/2012>

### **Evidence-Based Medicine Portal for Wellness Therapies:**

Wellness Evidence is the world's first online portal designed to help people explore medical evidence for the most common wellness therapies. With thousands of studies evaluating the benefits of approaches like acupuncture, meditation or yoga, they've made it easy to search the most relevant, authoritative sources of evidence-based medicine. The goal of this free resource is to inform and empower people seeking complementary, preventative health approaches and medical professionals selecting courses of treatment.

[www.wellnessevidence.com/wellnessevidence](http://www.wellnessevidence.com/wellnessevidence)

### **About Herbs App, by Memorial Sloan Kettering:**

This app provides comprehensive, objective information about herbs, botanicals, supplements and complementary therapies, and more. Key features include: adverse effects and drug interactions of various herbs, botanicals, supplements and complementary therapies. It provides objective information backed by scientific references. [www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine/herbs/about-herbs](http://www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine/herbs/about-herbs)

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## Mindfulness/Meditation

There are many mindfulness and meditation apps on the market. Evidence about the potential benefits on our overall emotional health and well-being has been steadily growing.

These are not cancer-specific. However, they do offer an opportunity for training in awareness and improving our emotional state.

- **Smiling Mind:** [www.smilingmind.com.au](http://www.smilingmind.com.au)
- **Headspace:** [www.headspace.com](http://www.headspace.com)
- **Healthy Minds Program:** [www.tryhealthyminds.org/](http://www.tryhealthyminds.org/)
- **Waking Up (Sam Harris):** [www.wakingup.com/](http://www.wakingup.com/)

## Other supportive services to consider:

- **Social Work:** at your treating health service
  
- **Psychology:** at your treatment centre or via your GP: Mental HealthCare Plan funding.

Some treating centres promote a psycho-oncology specialty service.