

WHAT ARE THE HOURS OF OPERATION?

The Peer Support Line is held every third Wednesday of the month at 7:30 p.m. EST. If you want to reach us beyond those times, you can email info@melanomnetwork.ca or call and leave a message at 289-242-2010. We will do our best to return your call within 24 hours.

Until you find what works for you, it might help to:

- Learn what you need to know about your melanoma. If you'd like to know more about your melanoma, ask your doctor for the details of your cancer - the type, stage and prognosis. Ask for good sources of up-to-date information on your treatment options. Knowing more about your cancer and your options may help you feel more confident when making treatment decisions.
- Talk with other melanoma survivors. You may find it helpful and encouraging to talk to other patients with melanoma. It can be helpful just getting to talk with other people who are in the same at.
- Keep your friends and family close. Your friends and family can provide a crucial support network for you during your cancer treatment.
- Take care of yourself. Make your well-being a priority during cancer treatment. Get enough sleep, choose a diet full of fruits and vegetables, make time for gentle exercise on days you feel up to it, and find time for things you enjoy, such as reading, meditating or listening to music. If you need to, let others take care of you for a while. This doesn't mean you're helpless or weak. It means you're using all your energy to get well.



The Melanoma Network of Canada

Our organization is a national, patient-led organization whose mission is to provide melanoma patients and their caregivers with current and accurate information and services in the fight against melanoma.

Through our network, we provide funding and support services for awareness and education, advocacy and research.

Help Us to Make a Difference

Contact us:
99 Bronte Road,
P.O. Box 324
Oakville, Ontario L6L 3B7
Phone: 289-242-2010
E-mail: info@melanomnetwork.ca
www.melanomanetwork.ca

MAKE CONNECTIONS





Make Connections, Get Help

A melanoma diagnosis can be overwhelming. You do not have to face the challenges of a melanoma diagnosis and treatment alone. Your health care team at the hospital can provide you with referrals to social workers, psychologists and counsellors as well as information about support services in your community or local area.

Melanoma Network of Canada - Our Support Services

WHAT SUPPORT SERVICES ARE OFFERED?

- MNC Peer Support Line - a free telephone-based peer support monthly meeting by phone and on-line, facilitated by a trained discussion leader. Contact Diane at dharty@melanomanetwork.ca or call 289-813-4303 to register or visit us at www.melanomanetwork.ca under event registration.
- Discussion Forum - web-based discussion group for you to ask any questions or provide insight and information on your own experience with other patients. It is a great way to get a timely response to your questions or concerns. Visit our website www.melanomanetwork.ca/forum

- Melanoma Network - call us directly 289-242-2010 Monday to Friday, 9 a.m. to 5 p.m. EST for more information. Calls are generally returned within 24 hours.
- Support Groups - we can assist you to link up with existing support groups or to start your own. Call us.

YOU MAY BE SURPRISED...

The benefits of connecting with other may include:

- Feeling less lonely, isolated
- Gaining a sense of empowerment and control
- Improved coping skills and adjustment
- An opportunity to talk openly and honestly about your feelings
- Reduction in distress, depression or anxiety
- A clearer understanding of what to expect with your situation
- Learning about new medical research
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options

We are here to listen and support you anywhere in Canada – the service is free of charge.

WHO WILL I SPEAK WITH WHEN I CALL?

When you call the Peer Support Line you speak with someone who has had a diagnosis and knows first-hand the challenges associated with having melanoma or a professionally trained Social Worker.

WHAT KIND OF INFORMATION DOES MNC PROVIDE?

The Melanoma Network of Canada provides information on all aspects of melanoma from diagnosis and treatment options, to survivorship. If we can't answer your questions, our Peer Support Team will research your specific question(s) and provide you with a timely response wherever possible, either by phone or e-mail.

DO YOU ONLY HELP PEOPLE DIAGNOSED WITH MELANOMA?

We encourage anyone affected by melanoma to call the Melanoma Network of Canada or our Peer Support Line. This includes:

- Women and men at any stage of their experience with melanoma
- Family, friends and caregivers of those living with melanoma
- Anyone with concerns about their skin or risk of developing melanoma, including hereditary risk

DOES MNC GIVE MEDICAL ADVICE?

No. We can assist people with melanoma by reviewing their diagnosis and treatment options with them and helping to make sense of complex terminology and situations. We can offer support and assistance with decision-making, but we do not offer advice.

ARE CALLS TO MNC CONFIDENTIAL?

All calls are confidential. We do not share names or personal information with anyone.

IS THERE A COST?

All of our support services are delivered free of charge.

HOW DO I CONTACT MNC'S PEER SUPPORT LINE?

Join the monthly Peer Support Line free from anywhere in Canada by registering on our website under the events section at www.melanomanetwork.ca or call Diane at 289-813-4303 or email us at dharty@melanomanetwork.ca

