

## Accessing Support: Melanoma

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A melanoma diagnosis can bring about various emotional challenges and it is important to look after your mental health as you navigate life with melanoma. Below are some resources aimed at enhancing your understanding of melanoma and how other patients have dealt with the associated practical and emotional challenges. You might quite understandably wish to receive some support at times. For some people family and friends can be supportive, but you might also wish to contact one of the many organisations/services that can provide information or support to those with melanoma. It is important to recognise that life with cancer can be challenging at times, and to allow yourself to seek help if you feel you need it.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

### Aim at Melanoma – Podcast: Beyond the Clinic

A podcast hosted by a cancer doctor who discusses melanoma with researchers and medical professionals. The episodes provide advice on handling the emotional and physical challenges that can follow a melanoma diagnosis.

Website link: <https://www.aimatmelanoma.org/category/podcast/>

### Look Good Feel Better

This charity aims to support the physical and emotional wellbeing of individuals affected by cancer through free online and in-person workshops, and video resources. The underlying principle of this organisation is that, through self-care and taking care of one's appearance, it is possible to improve your self-confidence following physical changes due to cancer. They have materials tailored to men, women and teenagers, and work to assist people of all skin colours, ages, and cancer variations. Workshops include skincare, nailcare, grooming, oral care, shaving, hair loss and wigs, make-up, and advice on nutrition and fitness. They work with people up to one year post active cancer treatment.

Website link: <https://lookgoodfeelbetter.co.uk/>



## Melanoma Focus – Helpline

A melanoma helpline which can offer support or just listen to you if you feel that having a space to share your concerns would be helpful. Melanoma Focus is a charity that gives patients, carers and healthcare professionals support around melanoma.

Contact at: **0808 801 0777**

## Macmillan – Understanding Melanoma and Treatment with Surgery

A booklet containing chapters about melanoma itself, receiving and finishing treatment, feelings and relationships, and financial support and work.

Website link:

[https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/851-source/mac14707-e03-melwithsurgery-lowres-20191007?\\_ga=2.191815786.1384289533.1615298628-905436017.1615298628](https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/851-source/mac14707-e03-melwithsurgery-lowres-20191007?_ga=2.191815786.1384289533.1615298628-905436017.1615298628)

Macmillan also have an online melanoma forum, where affected individuals can engage in casual and open conversations to share their experiences and find support from each other. The forum welcomes patients, family members and other loved ones. Topics of discussion include cancer treatment options, side effects, emotional impacts and more.

Website link: [https://community.macmillan.org.uk/cancer\\_types/melanoma-forum](https://community.macmillan.org.uk/cancer_types/melanoma-forum)

## Melanoma-Me Foundation

A foundation offering free telephone or Zoom Counselling sessions for those affected by melanoma. Their website also has a collection of patient stories which can be useful for exploring how others have dealt with melanoma-related challenges.

Website link: <https://melanoma-me.org.uk/>

## Melanoma UK – Stages of Melanoma

A useful guide if you are looking for help in understanding the staging system used to classify melanoma diagnoses.

Website link: <https://www.melanomauk.org.uk/stages-of-melanoma>



## Melanoma UK – Support

Melanoma UK also offers a space where melanoma patients can share their stories. It may be helpful or comforting to read some of these and see the way in which other patients have coped with melanoma and its treatment.

Website link: <https://www.melanomauk.org.uk/pages/category/patient-stories>

Contact Number: **0161 821 5657**

## Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

## Additional support services

### Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

### Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

### NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

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If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk).



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email [Psychological.SupportAdmin@rmh.nhs.uk](mailto:Psychological.SupportAdmin@rmh.nhs.uk) or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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