ABOUT OVARIAN CANCER AUSTRALIA

Ovarian Cancer Australia is the peak national body for ovarian cancer. We are a not-for-profit organisation founded in 2001 by women and men who had been affected by ovarian cancer, either personally or through someone they loved.

We offer a range of support options for you and those who support you. We work directly with Australians with lived experience of ovarian cancer, their families and friends to build strong, practical support programs and resources. Ovarian Cancer Australia welcomes family members, friends and carers to participate in all of our support services.

Our specialist advocacy team represents those affected by ovarian by working with the government, taking a bipartisan approach, engaging with advisory bodies, and collaborating with other change makers in the ovarian cancer space. Our goal is to update policies and procedures, ensuring access to optimal care and directing large-scale funding to create better outcomes for people with ovarian cancer.

MORE INFORMATION & SUPPORT

WEBSITE

Visit ovariancancer.net.au for detailed information on ovarian cancer support and patient information resources. You can also read stories from other people affected by ovarian cancer; or you might like to share your own story.

SUPPORT NEWS

Ovarian Cancer Australia's quarterly support e-newsletter provides up-to-date information on research and support being offered to all those impacted by ovarian cancer, their families and friends.

If you would like to receive the support newsletter, please email **support@ovariancancer.net.au**.

Call our Helpline on

1300 660 334

Monday to Friday 9am - 5pm AET

CONNECT WITH US:

@ovariancanceroz

@ovariancanceroz

/OvarianCancerAustralia

/OCAustralia

1300 660 334

/ovariancanceraustralia

ovariancancer.net.au

support@ovariancancer.net.au

Ovarian Cancer Australia Limited, ABN 76 97 394 593

WE ARE HERE TO SUPPPORT YOU

Julie, Vanessa (Support Team)

Ovarian Cancer Australia has a range of support services and programs for people impacted by ovarian cancer.

OVARIAN CANCER AUSTRALIA

Learning to live with the impact of ovarian cancer can be a challenging and emotional experience.

It is important that you don't try to take it on alone. Many people draw on their support networks of family and friends. Although the love, support and care they provide is important, it is sometimes beneficial for people to have access to additional support options too.

RESILIENCE KIT

The Resilience Kit includes evidence-based information developed specifically for those diagnosed with ovarian cancer by medical professionals and those with lived experience of ovarian cancer. The kit covers all topics relating to various stages of ovarian cancer including sections on well-being, support for you, your carers and family, as well as useful practical information. This allows you to refer to sections as you need them.

Contact us or go online to order your free digital or hard copy of our Resilience Kit.

Vanessa, Rosetta, Veronica, Georgie & Di
(Ovarian Cancer Australia Support Team)

TEAL SUPPORT PROGRAM

The Teal Support Program is a free telehealth support service that provides people living with ovarian cancer with access to their own ovarian cancer nurse. The program is delivered by experienced ovarian cancer nurses who work alongside the person's treating medical team to ensure they do not feel lost or isolated. Our nurses provide holistic support by keeping in touch regularly and addressing any unmet needs.

If you would like more information or would like to register, please email **care@ovariancancer.net.au**.

EMOTIONAL & MENTAL HEALTH SUPPORT

The psychosocial support program is a free telehealth counselling service for people diagnosed with ovarian cancer and their family members. The team is staffed by specialised oncology psychologists, counsellors and a mental health social worker. At Ovarian Cancer Australia we know that an ovarian cancer diagnosis can cause a range of emotional concerns and our team are available to support people through this challenging time. The psychosocial support program also offered specialised clinics for specific areas of need such as sleep problems, living with advanced cancer, grief and bereavement and sexual health.

HELPLINE

The Helpline is open to all those impacted by ovarian cancer including those diagnosed, their carers, family and friends. Our Helpline offers information on support services, onward referral and advice on ovarian cancer symptoms, diagnosis, treatment and well-being. It is also open to the general public who have concerns about symptoms or testing.

To speak with an ovarian cancer nurse, contact our Helpline on **1300 660 334** (9am - 5pm AET, Monday to Friday) or by email on **support@ovariancancer.net.au**.

SUPPORT GROUPS

We have a range of support groups that connect you with others who are impacted by ovarian cancer in Australia. These groups allow people to learn more about diagnosis and treatment, discuss coping strategies and receive emotional support. Groups vary in format; some are face to face whereas others are online, meaning people are able to join from all across Australia. We also have specialised support groups for younger women and male partners, as well as an online Facebook support group.

Register your interest via our website or call our Helpline to talk more about which group might be most appropriate to your needs.

WEBINARS

Hear from expert guest speakers in the field of ovarian cancer in our online information sessions that are streamed live and then made accessible on our website.

Register for upcoming webinars or view past webinars on our website.

"I was the only one I knew with ovarian cancer— until I contacted Ovarian Cancer Australia. With OCA, the loneliness and isolation evaporated and I had somewhere to belong. With OCA on my side, I knew what to expect." – Simmone