

# Australia's blood cancer support

Leukaemia, lymphoma, myeloma and  
other related blood disorders



## You are not alone

Every day, 53 Australians are newly diagnosed with a blood cancer (including leukaemia, lymphoma, myeloma, MDS, and MPN), and a further 135,000 Australians are estimated to be currently living with the disease.

***If you or someone you love has been diagnosed with blood cancer, you are not alone.***

Contact Australia's only dedicated blood cancer support and connect with an experienced Blood Cancer Support professional who can guide and support you through the emotional, physical, and psychosocial challenges of blood cancer diagnosis, treatment, and survivorship.

## Health and wellbeing support

Regardless of the stage of diagnosis, lifestyle factors such as diet, nutrition and exercise have been proven to improve quality of life and help you manage side effects such as fatigue and pain. Our range of health and wellbeing programs, information and webinars have been designed by experts and provide simple tips and advice to help you live well.

## Emotional support

Whether you or someone you love has been personally diagnosed, you are a carer or bereaved, our highly trained Blood Cancer Support team are here to support you through the rollercoaster of diagnosis, treatment, survivorship or grief and loss. Designed to meet individual needs, this support is confidential and can be accessed over the phone, online, or in person.

## Support groups

Our online support groups are facilitated by experienced Blood Cancer Support professionals in a private, safe and supportive environment. They are an opportunity to meet other people living with blood cancer, share personal stories, exchange information, and learn healthy coping strategies. We offer general blood cancer, carer's, young adult, men's and bereavement support groups.

## Making connections

Want to connect with others impacted by blood cancer? Along with support groups, you can also join our private blood cancer Facebook groups and community events.

## Practical support

Our practical support services are designed to be just that: practical. We understand that a blood cancer diagnosis can have a huge impact on every aspect of your daily life, from relocating and transport requirements to access to treatment, changes to work, family life, relationships, as well as additional financial pressure.

We'll work with you to understand what practical support you need and then connect you with services and support that will help meet those needs and ease the stress of everyday life, so you can focus on your health and wellbeing.

## Advocacy: campaigning for change

From raising funds for life-saving research to advocating for better diagnostics, greater access to new and innovative treatments, and, ultimately, improved outcomes for all Australians living with blood cancer, we are campaigning for change.

Want to know more and be part of a movement to improve future outcomes? Call us on **1800 620 420**

## Want to know more?

Connect with our experienced Blood Cancer Support team Monday to Friday from 10 am - 4 pm AEST on **1800 620 420** or anytime via **bloodcancer.org.au**

Australia's Blood Cancer Support is managed by the Leukaemia Foundation.

# Leukaemia Foundation<sup>®</sup>

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The Leukaemia Foundation acknowledges the traditional owners of country throughout Australia and recognises their continuing connection to land, sea and community. We pay our respects to their Elders past, present and emerging.

The Leukaemia Foundation cares about our environment. Please recycle or dispose of thoughtfully.

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