

Prostate cancer support groups



Prostate Cancer
Foundation
of Australia

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In Australia, around 17,000 men are diagnosed with prostate cancer each year. While survival rates for prostate cancer are high, with over 95% of men likely to survive at least five years, the diagnosis of prostate cancer is a major life stress that is often followed by challenging treatment related side effects and high levels of distress.

Prostate cancer support groups can help you through your prostate cancer experience. They bring together men, their partners and families who have been affected by prostate cancer. Support is provided for those dealing with a current diagnosis of prostate cancer and for those who have already undergone treatment. Support groups meet regularly to help each other, discuss shared experiences, and learn more about the disease and how to manage it.

The benefits of joining a support group

Research suggests that peer support from people with similar experiences to you is very helpful in reducing the distress of cancer. Peer support groups provide an opportunity to give and receive help in an environment of mutual respect and shared understanding of the prostate cancer experience.

Being part of a support group improves emotional wellbeing and quality of life, helps members feel empowered, and provides a safe space to chat, laugh and cry.

Reasons to join a prostate cancer support group include:

- reducing feelings of isolation and loneliness
- connecting with other men and partners
- meeting and talking to people who understand what you're going through
- gaining relief from challenging feelings like anxiety, fear, anger and depression
- receiving encouragement, optimism and inspiration
- receiving support and providing others with support
- asking questions and discussing your concerns
- helping raise awareness of prostate cancer in the community
- getting the latest accurate information about prostate cancer
- hearing/seeing presentations by medical professionals – face to face/virtual.

What do support groups do?

Support groups help raise awareness of prostate cancer in the community. Activities will vary from one support group to another, but often include the following:

- a range of guest speakers such as nurses, doctors, nutritionists, social workers, physiotherapists and pharmacists
- social events
- awareness and fundraising activities
- access to resources and information about prostate cancer
- regular meetings and discussion.

How do I find a support group?

PCFA has more than 170 affiliated support groups in each state and territory across Australia. These include groups for men with advanced prostate cancer, those from culturally and linguistically diverse (CALD) communities, people who are LGBTIQ+, partners and families of men with prostate cancer, and younger men (under 50 years old).

To find the nearest support group to meet your needs, visit: pcfa.org.au/support/find-a-support-group

How can I help?

PCFA has several opportunities for people to assist with our work through fundraising and community education activities.

For more information and support you can:

Contact us: PCFA is here to help. Call us on **1800 22 00 99** or email us on **enquiries@pcfa.org.au**

Find out more: PCFA has a range of evidence-based sources for men with prostate cancer and their families. Visit: **pcfa.org.au**

Join a support group: Support groups around the country bring together men and women affected by prostate cancer. To find a support group, visit: **pcfa.org.au/support/find-a-support-group**

Join the online community: PCFA hosts Australia's largest online group dedicated to connecting people who have been impacted by prostate cancer. You can join the online community at this link: **onlinecommunity.pcfa.org.au**

For more information on prostate cancer visit:

Cancer Australia: www.canceraustralia.gov.au/affected-cancer/cancer-types/prostate-cancer

Cancer Council Australia: cancer.org.au/about-cancer/types-of-cancer/prostate-cancer

Healthy Male Andrology Australia: healthymale.org.au/mens-health/prostate-cancer

For further support contact:

MensLine Australia: mensline.org.au

Beyond Blue: beyondblue.org.au

Lifeline Australia: lifeline.org.au

Prostate Cancer Foundation of Australia (PCFA)

We are Australia's leading community-based organisation for prostate cancer research, awareness, and support. As the nation's predominant charity fund for Australian-based prostate cancer research, we exist to protect the health of existing and future generations of men in Australia and to improve quality of life for Australian men and families impacted by prostate cancer.

Our vision is a future where no man dies of prostate cancer and Australian men and their families get the support they need.

For further information or to make a donation, please contact us on:

1800 22 00 99 (toll free) or visit: **pcfa.org.au**



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