

## Finding My Way



Up to 40 per cent of cancer patients experience clinically significant distress following diagnosis, however less than 20 per cent elect to attend psychological therapy.

Finding My Way is an evidence-based online program that provides cancer-related information and coping skills via the internet. Designed for people recently diagnosed with cancer, Finding My Way has been evaluated through several trials and shown to improve well-being and quality of life.

### What does the program involve?

The first step is to register and confirm your eligibility for the program. You can register at [www.findingmyway.org.au](http://www.findingmyway.org.au) to complete a brief sign-up survey.

Once your registration is confirmed, you will have secure access to the 6-week program on your computer, tablet or mobile phone.

The program is self paced, meaning you can do each weekly unit in order, or you can jump to the unit you need the most.

### Is it right for me?

This program is designed for anyone:

- Diagnosed with any cancer type (e.g. breast, prostate, colorectal, testicular, lymphomas)
- Being treated with curative intent
- Currently receiving active cancer treatment (chemotherapy, radiotherapy, recent surgery)
- Aged 18 years or over
- Access to the internet (computer, tablet or mobile)

## How do I get started?

You can sign up by completing a brief survey. [Click here](#)

## Further information and support

Our team of cancer nurses is available to answer questions or provide guidance about the Finding My Way program.

You can contact them 8.30am–5.30pm, Mon to Fri on 13 11 20 or by emailing [contact a nurse](#).

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