

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 also provide advocacy for anyone impacted by ovarian cancer as well as awareness materials and campaigns to educate the wider community about ovarian cancer. 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 mission is to save lives and ensure that no one with ovarian cancer walks alone.

More information and 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.

Teal Times Ovarian Cancer Australia's e-newsletter provides you with our latest news, upcoming events, our support services and our volunteer activities.

If you would like to receive our monthly e-newsletter, email communications@ovariancancer.net.au

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



/OCAustralia



/OvarianCancerAustralia



/ovariancanceraustralia



@ovariancanceroz



support@ovariancancer.net.au



ovariancancer.net.au

We understand
ovarian cancer and
we're here to help.



Sue,
Ovarian Cancer
Support Nurse.

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.

Fiona.
Ovarian Cancer
Support Nurse.



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.](#)

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.](#)

The Teal Support Program

The Teal Support Program is a free telehealth support service that provides those/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 \[care@ovariancancer.net.au\]\(mailto:care@ovariancancer.net.au\)](#)

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 \[support@ovariancancer.net.au\]\(mailto:support@ovariancancer.net.au\)](#)

Facebook Support Group

Our private Facebook Support Group is a safe space and confidential to the outside world. The group aims to be a friendly and supportive space to connect with each other, gather credible information and ask our team of health professionals any questions you may have. Only members of the group can see posts and the group is monitored daily by our ovarian cancer nurses (during business hours).

[To join, please visit our website or call our Helpline to find out more information.](#)

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 and via telephone meaning people are able to join from all across Australia. Register your interest via our website or call our Helpline to talk more about which group might be most appropriate to your needs.

Younger Women's Network

This is an online facilitated support and information group that is delivered monthly for women under 50. The group aims to reduce the isolation and address the needs and concerns of younger women with an ovarian cancer diagnosis. Please register your interest for the group via our website or contact our Helpline.

"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." - Simone