

Every woman's cancer journey is different, but talking to someone who's been there can help when you need it most.

We support women and gender diverse people from diagnosis, through treatment and beyond.

Our **free** services complement the medical system and other cancer support services.

“Meeting other women who also had cancer made me feel less scared, as I realised I was not the only person in this situation.”

- Massiny,
Counterpart service user

Connect with us:

📞 1300 781 500

@ info@counterpart.org.au

🖱️ counterpart.org.au

📍 WHV, level 8, 255 Bourke Street, Melbourne



Scan the QR code to visit our website.

Follow us:

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Counterpart is a service of Women's Health Victoria.
Counterpart is supported by the Victorian Government.

Women's Health Victoria acknowledges the Traditional Owners of the lands and waters across Victoria. We pay our respects to them, their culture and their Elders past and present.



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COUNTERPART 
Women supporting women with cancer

Are you looking for support?

Counterpart offers connection, support and information to women at every age and every stage of their cancer experience.

Peer support

At Counterpart, our trained volunteers provide peer support. They are women who understand what it is like to live with cancer, as they have all had a diagnosis of their own.

They can:

- be there to listen with care and understanding
- share helpful tips and resources
- support your wellbeing through shared experience.

Our Peer Support Volunteers do not provide medical, legal or financial advice or counselling.

Speak to a trained Peer Support Volunteer:

- **By phone** - 1300 781 500
- **In person** - Visit us in our Melbourne office.
- **In hospital** - Through our Bridge of Support program at:
 - Sunshine Hospital
 - Royal Women's Hospital
 - Royal Melbourne Hospital
 - Peter MacCallum Cancer Centre.
- **At regional wellbeing days** - Held across Victoria.
- **Via regional peer support hubs** - Local monthly meet-ups and phone support for women living in regional areas.

Events and activities

Stay connected and be supported with our free activities:

Information sessions and webinars

led by experts on cancer care, treatment and wellbeing in a safe and supportive environment.

Creative and wellness workshops

activities like art, meditation and gentle movement, held in-person and online.

Regional wellbeing days

a day of activities, support and connection with others in your community.

Morning teas

for women with metastatic or advanced cancer to connect and build community with others who understand your challenges.

**We'd love to listen to you,
to hear all your concerns,
where you're at, what's
happening in your life,
not only just with the
cancer you're going
through, but everything.**

- Penny, Peer Support Volunteer

Trusted information and resources

We know how important it is to have access to information throughout your cancer experience. We offer a variety of evidence-based, easy-to-understand resources to help you make informed decisions about your care.

On our website you can explore:

- Past webinars presented by health professionals and experts
- Practical information on a range of cancer-related topics
- Lists of trusted cancer organisations and support services
- Tips and stories from other women who may have had similar experiences

Need something specific?

Our team can help you find tailored information based on your diagnosis, treatment, or life circumstances.

