



## Hand In Hand, We Fight Skin Cancers And Melanomas Together

For those living with [melanoma](#), [non-melanoma skin cancer](#) or [ocular melanoma](#), support can be vital to the healing process. Save Your Skin Foundation (SYSF) provides a collection of resources as well as several ways for patients to connect with others or with private support. Click on any or all of the below to find compassionate and confidential support.

### Ways to Connect

#### JOIN OUR MONTHLY PATIENT FIRESIDE CHATS

Held on the first Thursday evening of each month, our monthly chats explore different topics each month, allowing plenty of time for questions and discussion. [Click here to read more!](#)

#### GET SOCIAL WITH US

We run two private groups on Facebook for patients to connect with fellow patients, survivors and caregivers: [Melanoma and Skin Cancer Connect](#) [Ocular Melanoma Connect/Connexion mélanome oculaire](#)

#### VISIT I'M LIVING PROOF

Find other patients or survivors on our [I'm Living Proof map of stars](#) – request to connect with someone on the map, choose to share your story, or simply read through others' experiences – you are not alone.

#### GET OUR NEWSLETTER

We are always working on new ways to help those touched by melanoma, non-melanoma skin cancer, and ocular melanoma. Stay informed by [subscribing to our Newsletter](#).

### Educational Resources

#### CATCH OUR PREVIOUS WEBINARS

Watch our collection of [Educational Webinars](#) – topics range from Mental Wellness and Support After a Cancer Diagnosis, to Treatment Options and Clinical Trials in Canada. If you'd rather not register to watch, check out all of the recordings on the [SYSF YouTube Channel](#)

#### LEARN MORE ABOUT MENTAL WELLNESS

Check out the poster we developed in 2018 from survey responses about [The Affects of Melanoma on the Mental Wellness of Patients, and the Landscape of Mental Health Support in the Canadian Melanoma Community](#)

#### READ OUR WELLNESS RESOURCES

If you like to read, we have plenty of information about [Self-Care After Cancer](#), as well as [Emotional and Mental Wellness Resources](#) such as Strategies for Dealing with Overwhelm and for Maintaining Hope.

#### EXPLORE PATIENT STORIES THROUGH PHOTOS

If you're more of a picture person, take a look at our 2016 e-book: [Melanoma Through My Lens](#)