

What is peer-to-peer support?

Peer-to-peer support offers a safe and understanding community of people who are also experiencing what it means to be diagnosed and living with a dust disease.

If you're living with a dust disease you may be experiencing significant changes to both your physical and emotional wellbeing, and peer-to-peer support provides an opportunity to talk directly to someone who understands, share your experiences, listen to others and ask questions. The networks you'll form within peer-to-peer support can help you with your wellbeing.

For your family, peer-to-peer support can connect them with other families who also have a loved one with a dust disease. It provides an opportunity for your family to ask questions and find out what to expect throughout this journey and how they can best support you.

There are a number of services available to you and your family, including those offered by community and not for profit support organisations.

icare Dust Diseases Care supports a number of peer-to-peer programs in NSW, and will provide you with guidance and a connection to the organisation that best suits you.

Bernie Banton Foundation (BBF)

The BBF is a not for profit organisation offering peer-based support and information along with referral services. The Foundation's primary goal is to assist you with information about living with a dust disease and the choices and options available to you when it comes to accessing specialist advice. The BBF also liaises with hospitals, cancer centres and palliative care networks on behalf of those with an asbestos-related disease.

They provide private on-line membership for people with mesothelioma, their partners, children and carers to connect, share and support those who are living through a similar experience. The BBF also provides over the phone support, face to face meetings and community events for both you and your family.

What services are available?

Telephone: a freecall peer-based Support Helpline which is open 24 hours a day, seven days a week.

Face to face: meet other people with asbestos-related diseases, family members or carers in a group environment or individually.

Online support and community groups: once you're registered with the Foundation you can accept invitations to join private groups.

Facebook community group: closed group for members only to post and comment on.

Events calendar: upcoming community events including the annual Bernie Banton Day and other gatherings providing information to those who have been diagnosed with mesothelioma cancer or other asbestos related diseases, and to their carers, family members, and those bereaved.

Mesothelioma and Asbestos Related Support (MARS) Network: an active network throughout Australia.

How can I contact them?

Phone:

- Freecall peer-based 24/7 Support Helpline on 1800 031 731 (within Australia)
- 0418 319 757 (within Australia)
- +61 418 319 757 (calling internationally)

Emails: Support enquiries: angels@berniebantton.com.au

General enquiries: info@berniebantton.com.au

Donation & Fundraising enquiries: karen@berniebantton.com.au

Facebook:

- Bernie Banton Foundation
- Mesothelioma and Asbestos Related Support Australia
- Asbestos Awareness Australia

Twitter:

Bernie Banton Fdn

@Bernie BantonFdn

E-newspapers:

- Mesothelioma and Asbestos Related Support News
- Asbestos In the News Weekly
- The Bernie Banton Foundation Bulletin

Mesothelioma & Asbestos Related Support Website:

www.berniebantton.com.au