

# COPING WITH A MELANOMA DIAGNOSIS?

*The Melanoma International Foundation  
Has the Resources You Need*

**866.463.6663 Toll-Free  
610.942.3432**

*Compliments of Bristol-Myers Squibb*

[www.MelanomaInternational.org](http://www.MelanomaInternational.org)  
[contact@MelanomaInternational.org](mailto:contact@MelanomaInternational.org)

# Tips and Resources to Help you Cope...

- Enlist a good support person to help you on this journey
  - Anxiety and sadness are very normal emotions; counseling and medication can help with psychological issues
- Arm yourself with information from scientifically backed sources; the **MIF** website is a safe place to start your research
- Write a list of questions or take a tape recorder to your doctor's visit
- If you are considering a clinical trial, there are many questions to ask and **MIF** can guide you
  - Be sure you are being treated by, or have a second opinion from, someone who is an expert in melanoma
    - Find support and information that is moderated at **[www.MelanomaInternational.org](http://www.MelanomaInternational.org)**