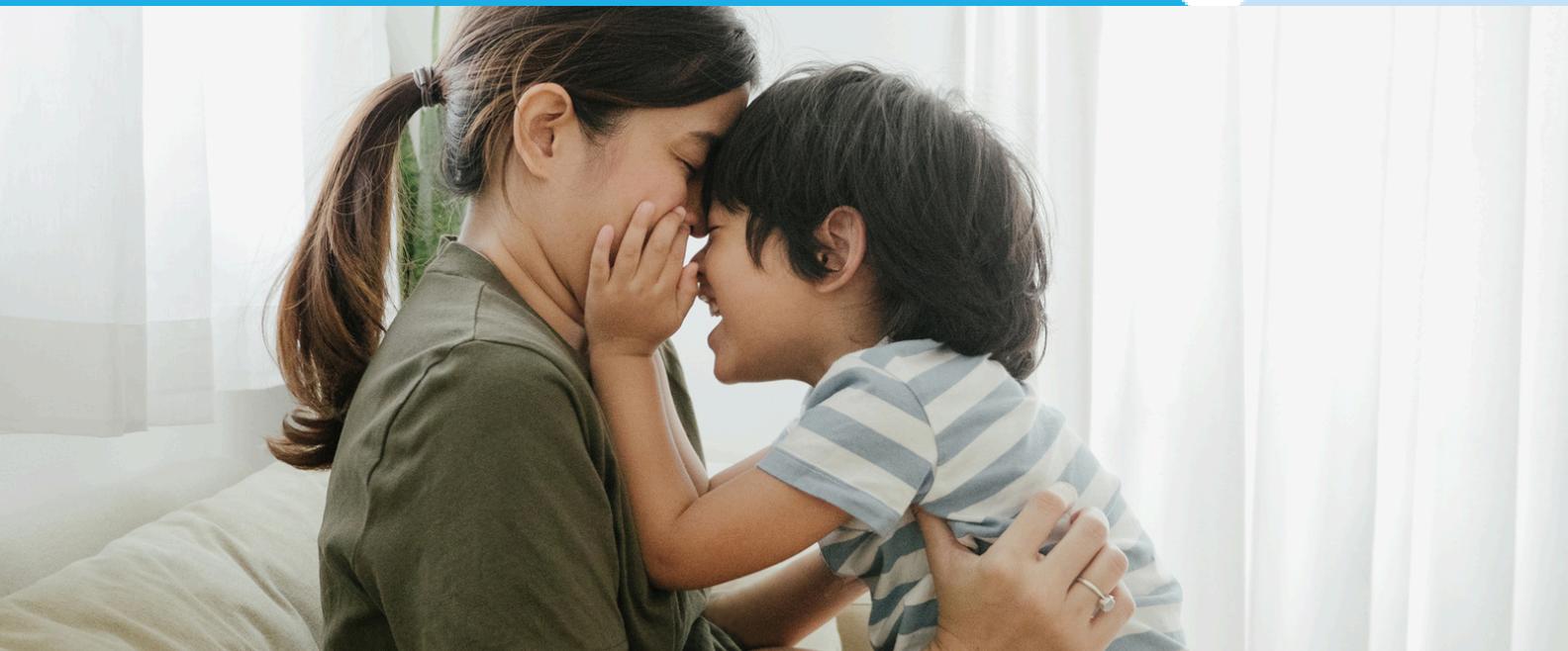


# Parenting through Cancer



Perinatal Mental Health Week takes place each November – a national initiative to raise awareness, share information, and provide support for new and expecting parents. (#pmhweek2025 / @pmhweek)

Coping with a diagnosis of neuroendocrine cancer during pregnancy or early parenthood can be incredibly challenging. Balancing treatment, recovery, and the demands of caring for a young family often brings added stress and uncertainty. During such times, having strong emotional, medical, and community support is vital – not only for your wellbeing but for your family too.

A cancer diagnosis can have a profound impact on mental health. When this coincides with pregnancy or parenting young children, those effects can feel even more overwhelming. It's essential to have the guidance of your medical team, alongside access to mental health professionals support and coping strategies to help you navigate this time.

It's important to remember that intense emotions are completely normal. Feelings of fear, guilt, anxiety, anger, and sadness are common and nothing to be ashamed of. Recognising and naming these emotions is a step toward easing their weight, sharing your feelings in a neutral environment and finding the right support to meet your family and your needs.



Support



Education



Research



Awareness



Advocacy

# Parenting through Cancer

Below are some examples of organisations in Australia that offer support during cancer, pregnancy, early parenthood, and beyond:

- [Perinatal Mental Health Week](#)
- [Mummy's Wish](#)
- [Canteen – Support for Parents and Carers](#)
- [Cancer Council](#)
- [DadSpace](#)
- [Gidget Foundation](#)
- [PANDA – Perinatal Anxiety & Depression Australia](#)
- [Parent-Infant Research Institute \(PIRI\)](#)

Seeking support is a sign of strength.

Talk to your GP and healthcare team about hospital-based services or other external organisations that can provide tailored help for you and your family.



Support



Education



Research



Awareness



Advocacy