

MAMMA HELP

20-YEARS SUPPORT FOR WOMEN

Best practice:

1. Individual consultations: one to one
2. Specialized counselling for mothers with small children

MAMMA HELP

Organisation for Women with Breast Cancer

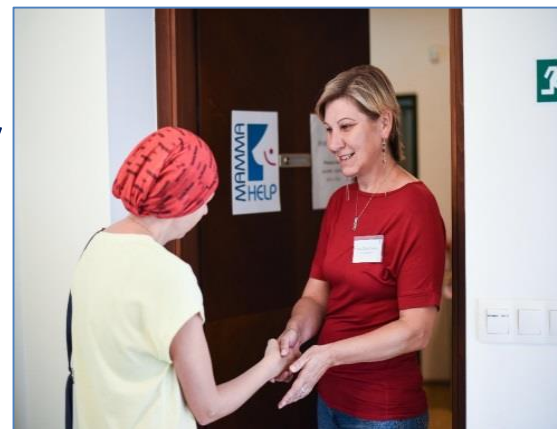
- Established in **1999** (now appr. 730 registered members);
- Non-profit organisation of national scope;
- Consultation centers available daily - **Mamma HELP centers in 8 cities;**

OUR MISSION

- Improve **life quality** of oncological women patients
- Push through improvement in **subsequent patient care**
- **Inform public** about breast cancer prevention and treatment

Our Milestones

- 2000 – MH centre Prague
- 2004 – MH centre Brno
- 2005 – MH centres Hradec Králové and Přerov
- 2007 – MH centre Plzeň and Zlín
- 2010 – MH centre Olomouc
- 2014 – MH centre České Budějovice



- Registered contacts and actions:
- Year 2018: **6 129**
- **2000 – 2018: 79 728**

MAMMA HELP CENTERS

INDIVIDUAL CONSULTATIONS

No. 1 activity at
Mamma HELP

- offered by therapists – women with **personal experience with the disease**
- private talks in intimate environment
- psychological support, relax, boosting self-confidence when returning to normal life
- time enough for each client
- anonymous, attendable right away without making appointment
- supervised by professional psychologists



AVON toll-free line



tel. **800 180 880**

Mon – Fri: 9 am to 7 pm

Support for patients

INDIVIDUAL CONSULTATIONS



Results of tests:

Question: „Which the steps during the process from diagnosis / prognosis/treatment/ follow-up do patients want to change/improve?“

Answer: „After a diagnosis of my tumor my biggest problem (except cancer itself) was, I missed a person (I would like even to pay for it, because I had many sleepless nights and bad days), who would lead me through the whole process of following examination, inform me on possible prognoses and next processes. Instead of this I was directed from one to another. Rather than technology I missed an emphatic, well – informed person, who would have enough time for me“.

- In MH centers there are 7 coordinators a 37 therapists.
- Each center has a professional guarantor.
- 6 psychologists and 4 physiotherapists have a long-term cooperation with the MH Centers.

Specialized advice for mothers with small children

Special consultations with psychologist for patient mothers with children - to help them talk about mum's disease.

**Weekend stay in Výštica for families
September 2018**

Participants: 7 families, 11 children,
4 mothers under treatment

Professional staff: 2 experienced
psychologists, MH director

řict to dětem



Assistance to patients with children provided by
Mgr. Marie Zemanová,
clinical psychologist with a long-term practice in family therapy for oncological patients.



Talking to children about mum's disease

Weekend stay in Výštica, September 2018, Responses

Patients:

- I have experienced a strong sense of solidarity and understanding. I have seen, I am not alone. I used the possibilities of personal consultation with the psychologist, who helped me very much.
- It was very beneficial to become acquainted with the families who have experience of similar situation, a mum has fallen ill with breast cancer.

Psychologists:

I regard such stays for families as an integral and very necessary part of care of women with this disease. While their partners and children are confronted with this situation, they usually are not prepared for it. Therefore they also need to understand, what has happened, their roles in the new situation. They need an opportunity to share their feelings, fears and emotional experiences, as well as a support.

It is desirable that all women who are undergoing this disease, can obtain such a support.