

Melodic – Mental health support for young adults with cancer.



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY



HPRC
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Background:

Young adults (18-35) with a lived cancer experience are an underserved population in many cancer care systems. They often fall between the stools of adult and paediatric specialisms and a cancer diagnosis can be particularly disruptive as they negotiate the numerous transitions that accompany this stage of life. Unsurprisingly therefore, mental health issues can emerge and some individuals may experience heightened levels of distress and longer-term issues.

Aim: to test the feasibility of a social prescribing inspired intervention for young adults who have been diagnosed with cancer in the previous 24 months and their caregivers.

Objectives:

Conduct a needs assessment with young adults, their caregivers and health care professionals.

Develop education and training programmes to support the mental health of young adults and their caregivers, as well as supporting cancer care professionals to facilitate mental health supports.

Develop and test an intervention with young adults with a lived cancer experience and their caregivers that includes physical, social and engagement with nature elements – walks in blue (eg. seaside, lake) and green (forest, park) spaces.

Full details, as well as progress and updates can be accessed at - <https://melodic.turkuamk.fi/>