

# Family, Friends, and Caregivers

Learning that you have cancer can be just as scary for family and friends as it is for you. Loved ones might not know what to say. Follow these tips to help you talk about your cancer diagnosis.

## TRY THIS

**Establish good communication.** Decide and set limits on how much you want to share.

**Ask for help.** Your loved ones want to support you. Be specific about the kinds of help you need.

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## CHECK THIS OUT

**Visit** the Springboard page Family, Friends, and Caregivers.  
<https://smokefree.gov/springboard/get-support/family-friends-caregivers>

**Find** a peer group. <http://goo.gl/DBJuVm>

**Get** tips for telling others about your cancer. <http://goo.gl/HNHEiX>

**Learn** more about talking to children about your cancer.  
<http://go.usa.gov/xaKfY>