

Helpful Websites for Cancer Information, Coping, Treatment, and Support

Information about Cancer Diagnosis and Treatment

- National Cancer Institute <https://www.cancer.gov/contact>
- American Cancer Society
 - Cancer Information Services (call 1-800-227-2345 for resources 24/7) <https://www.cancer.org/about-us/what-we-do/providing-support.html>
 - Patient Education Publications <https://www.cancer.gov/publications/patient-education#coping-and-support>

Coping with Cancer

- National Cancer Institute <https://www.cancer.gov/about-cancer/coping>
- American Cancer Society <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects.html>
- American Society of Clinical Oncology <https://www.cancer.net/coping-with-cancer>

Information about Depression

- National Cancer Institute <https://www.cancer.gov/about-cancer/coping/feelings/depression-pdq>
- American Cancer Society <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes/depression.html>
- American Society of Clinical Oncology <https://www.cancer.net/coping-with-cancer/managing-emotions/depression>

Information about Anxiety

- National Cancer Institute <https://www.cancer.gov/about-cancer/coping/feelings/anxiety-distress-pdq>
- American Cancer Society <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes/anxiety.html>
- American Society of Clinical Oncology <https://www.cancer.net/coping-with-cancer/managing-emotions/anxiety>

Mindfulness Resources

- UCLA Health <https://www.uclahealth.org/marc/>

Mental Health Treatment Strategies

- Counseling and Psychotherapy
 - <https://www.cancer.net/coping-with-cancer/finding-social-support-and-information/counseling>
 - <https://www.nimh.nih.gov/health/topics/psychotherapies>
- Medications <https://www.nimh.nih.gov/health/topics/mental-health-medications>

Self Help Resources

- Center for Clinical Interventions <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Cancer Support Groups and Classes

- Cancer Lifeline <https://cancerlifeline.org/>
- Cancer Pathways <https://cancerpathways.org/>
- CancerCare https://www.cancercare.org/support_groups

Advocacy for Cancer Survivors

- National Coalition for Cancer Survivorship <https://canceradvocacy.org/>

Support for Young Survivors and Children of Parents with Cancer

- Young Survival Coalition <https://www.youngsurvival.org/>

Crisis Resources - available 24 hours a day, 7 days a week

- National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org/>
 - Call 1-800-273-TALK (8255)
 - Lifeline Web Chat <https://suicidepreventionlifeline.org/chat/>
 - Crisis Text Line - Text "HELLO" to 741741 <https://www.crisistextline.org/>
- Crisis Connections (Crisis Lines in Washington State)
<https://www.crisisconnections.org/24-hour-crisis-line/>