Emotional Support

Cancer can take a toll on your mental and emotional health, whether you are recently diagnosed or have been living with it for years. These resources can help you find the support you need.

December 14, 2020 By Alicia Green

American Cancer Society

The ACS Cancer Survivors Network is a free online community that brings together people whose lives have been touched by cancer to find strength and inspiration from one another's stories. Call ACS at 800-227-2345 for help connecting to support groups and social services.

American Psychological Association

Whether you are dealing with anxiety or depression or simply distressed by the challenges of your diagnosis, talking to a mental health professional can help. Many offer telehealth. APA's Psychologist Locator can help you find the right psychologist in your area. (Psychology Today also has a therapist finder to help locate a cancer therapist.)

CancerCare

CancerCare provides free professional support services for anyone affected by cancer. Online support groups help connect cancer patients, loved ones and people who have lost a loved one, while licensed oncology social workers provide individual and support group counseling. Call 800-813-HOPE (4673).

Cancer Hope Network

Thanks to the Cancer Hope Network's more than 400 support volunteers, you don't have to face cancer alone. These trained cancer survivors and caregivers are ready to listen and provide support during your cancer journey. Call 877-HOPENET (467-3638).

Cancer.Net

The American Society of Clinical Oncology's patient information website helps people with any type of cancer figure out when to seek counseling and how to find a support buddy or groups.

Cancer Support Community

Cancer Support Community offers free support and coaching for cancer patients and their loved ones. Call the Cancer Support Helpline at 888-793-9355 to ask an expert for guidance, resources

or general support. In addition, the MyLifeLine online support community helps connect patients and caregivers.

Imerman Angels

Imerman Angels partners people seeking support with a Mentor Angel—a cancer survivor or caregiver who has faced the same type of cancer—for free. Mentor Angels also provide one-on-one assistance to those who have lost a loved one to cancer.

Livestrong Cancer Navigation

Livestrong Cancer Navigation matches cancer patients with a personal navigator to address their needs, including providing access to emotional support. Cancer navigators support patients every step of the way and follow up regularly by phone. Call 855-220-7777.

Young Survival Coalition

Young adults affected by breast cancer can connect with other survivors anytime, anywhere through YSC’s private Facebook groups, including those for caregivers and those for people with metastatic breast cancer. YSC’s virtual hangouts even allow you to connect with others from the comfort of your home. You can also join a local, in-person support group.

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