The purpose of this guide is to help you find information and support on coping with cancer. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

**Brochures**

- American Cancer Society. *After Diagnosis.*


- National Cancer Institute.
  - *Taking Time: Support for People with Cancer and the People Who Care About Them*
  - *Coping with Advanced Cancer*
  - *When Someone in Your Family Has Cancer* (for teenagers who have a parent or sibling with cancer)
  - *When Someone You Love Has Advanced Cancer*
  - *When Someone You Love Is Being Treated for Cancer*

To access these online, enter the publication title into the search box at: [https://pubs.cancer.gov/ncipl/home.aspx](https://pubs.cancer.gov/ncipl/home.aspx)

**Magazines**


**Books**


**Web Resources**

• **American Cancer Society**
  
  [http://cancer.org](http://cancer.org)

  → Click **“Find Support & Treatment”**
  
  Information on topics such as: making treatment decisions, coping with side effects, handling finances and caregiving. Also lists support programs and services in your area.

• **CancerCare**
  
  [http://cancercare.org](http://cancercare.org)

  → Click **“For Patients and Survivors”**
  
  This site has information for cancer survivors and caregivers about coping with emotional concerns. The site also provides access to programs and professionals who can help.

• **Livestrong Foundation**
  
  [http://livestrong.org/we-can-help](http://livestrong.org/we-can-help)

  This site offers information to help you with your cancer journey, including preparing yourself, side effects, and managing your life during treatment.

• **National Cancer Institute. Coping with Cancer: Supportive and Palliative Care**
  

  Many people who have cancer or who have been treated for cancer develop symptoms or side effects that affect their quality of life. This site gives information on care given to help patients cope with these symptoms or side effects, which is called palliative care, comfort care, supportive care, or symptom management.
• National Coalition for Cancer Survivorship – The Cancer Survival Toolbox
  http://canceradvocacy.org/toolbox
  The award-winning Cancer Survival Toolbox is a free program that has been
developed by leading cancer organizations to help people develop important skills
to better meet and understand the challenges of cancer. The program contains a set
of basic skills to help navigate a diagnosis and special topics on other issues faced
by people with cancer.

Organizations

• Cancer.Net
  http://cancer.net
  This site comes from the American Society of Clinical Oncology and provides
information to help those living with cancer as well as those who care for and
about them. There is one section that focuses entirely on “Coping with Emotions”.

• Cancer Support Community
  http://cancersupportcommunity.org
  This organization offers support groups, lectures, workshops, and social events for
people affected by cancer, including patients, family members, and friends. The
website enables users to get support and participate in programs online. Use the
national website to locate locale local chapters.

• CancerCare
  http://cancercare.org
  This organization provides free professional spuort services to anyone affected by
cancer: people with cancer, caregivers, children, loved ones, and the bereaved.
Programs include counseling, education, financial assistance, and practical help.

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