



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.**
<https://www.cancer.org/treatment/understanding-your-diagnosis/after-diagnosis.html>
- CancerCare. **Coping with Cancer: Tools to Help You Live.** Accessible online at: https://media.cancercare.org/publications/original/3-ccc_coping.pdf
- 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>

Magazines

- Media American Inc. **Coping with Cancer**. Read on-line at:
<http://copingmag.com/cwc/index.php> or contact the Rogel Cancer Education Program at (734) 647-8626 for a copy.

Books

- De Shazo, Claude V. **Renewal: Finding Your Path to Self-Healing in Cancer**. Seattle, WA: Pacific Institute Publishing, 2009.
- Harpham, Wendy Schleel. **Happiness in the Storm: Facing Illness and Embracing Life as a Healthy Survivor**. New York, NY: W.W. Norton and Co, 2006.
- Healy, Bernadine. **Living Time: Faith and Facts to Guide Your Cancer Journey**. New York: Bantam Dell Pub Group, 2008.
- Holand, Jimmie C., and Sheldon Lewis. **The Human Side of Cancer: Living with Hope, Coping with Uncertainty**. New York: HarperCollins, 2001.
- Kneier, Andrew. **Finding Your Way through Cancer: An Expert Cancer Psychologist Helps Patients and Survivors Face the Challenges of Illness**. New York, NY: Random House, 2010.
- Penzer, William. **How to Cope Better When You Have Cancer**. Plantation, FL: Esperance Press, 2013.
- Silver, Julie K. **What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope**. Atlanta, GA: American Cancer Society, 2008.

- Thiboldeaux, Kim, and Mitch Golant. **Reclaiming Your Life After Diagnosis: The Cancer Support Community Handbook**. Dallas, Tex: BenBella Books, 2012.
- Visel, Dave. **Living with Cancer: A Practical Guide**. New Brunswick, N.J: Rutgers University Press, 2006.

Web Resources

- **American Cancer Society — Treatment & Support**
<https://www.cancer.org/treatment.html>

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>

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>

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**

<http://cancer.gov/cancertopics/coping>

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.

To explore the section on Coping with Cancer, please click the following link.
<https://www.cancer.net/coping-with-cancer>

- **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 local chapters.

- **CancerCare**

<http://cancer.org>

This organization provides free professional support 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.

University of Michigan Resources

- **University of Michigan Rogel Cancer Center – Patient & Family Support Services** <https://www.rogelcancercenter.org/support/managing-emotions>

The U-M Rogel Cancer Center provides resources to support you and your family during these difficult times including:

- PsychOncology
- Complementary Therapies
 - Art Therapy
 - Guided Imagery
 - Music Therapy
- Symptoms & Side Effects
- Families Facing Cancer
- Cancer Education Program
- Grief and Loss Program
- Social Work
- Spiritual Care

- **University of Michigan Rogel Cancer Center – Support Groups for Cancer Patients and Families.**

Cancer support groups allow people with cancer, as well as those touched by it, to share feelings, experiences, tips and advice. For more information on groups offered at the Rogel Cancer Center please visit:

<https://www.rogelcancercenter.org/support/managing-emotions/community-support>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient.

Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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