

PSYCHOSOCIAL SUPPORT & SUPPORT GROUP RESOURCES

PLEASE NOTE: This is not a comprehensive list. It will continued to be updated over time.

AliveAndKickn

<https://www.aliveandkickn.org>

AliveAndKickn is a support group for patients and families with Lynch syndrome. They aim to help educate patients, encourage screening, allow patients to connect with others with Lynch syndrome, and promote research. They recently created the HEROIC Registry, which allows patients to share their own genetic test results to further research about Lynch Syndrome.

American Cancer Society (ACS) Survivorship: During and After Treatment

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment.html/survivorshipcareplans.html>

Patient-focused page on Living Well During Treatment; Find Support During Treatment; Moving On and Being Healthy After Treatment; Managing Cancer as a Chronic Illness; Understanding Recurrence; Survivorship Resources from the ACS.

Bright Pink

<https://www.brightpink.org>

“Bright Pink helps to save lives from breast and ovarian cancer by empowering women to know their risk and manage their health proactively. We focus on health, not cancer, to inspire women to practice breast and ovarian cancer prevention. Our innovative programs, strategic initiatives and powerful partnerships directly reach women in their daily lives and healthcare providers in their daily practice.”

Cancer 101

www.cancer101.org

CANCER 101 is a patient advocacy organization that provides tools and resources for patients and caregivers to navigate the cancer journey and partner with their healthcare team to make informed medical decisions. The main resource is the C101 planner, which empowers patients with information, engages them to take control of their diagnosis, and helps them stay organized.

Cancer and Careers

www.cancerandcareers.org

Cancer and Careers’ website addresses many issues related to dealing with cancer treatment in the workplace. Their website includes strategies in talking with your employer about your diagnosis, navigating time off and insurance, traveling, and advice about how to “keep up appearances” during cancer treatment.

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CancerCare®

<https://www.cancercares.org/counseling>

https://www.cancercares.org/support_groups

“Our staff of professional oncology social workers provide individual and group support, practical information and resources to help you better cope with cancer.”

Also: Online Support Groups; telephone support groups; face-to-face support groups (Long Island, New Jersey, New York City).

“CancerCare provides free, professional support services for people who have completed cancer treatment, as well as post-treatment and survivorship information and additional resources.”

Cancer Support Community

<https://www.cancersupportcommunity.org/>

“Attend support groups, educational sessions, health and wellness programs as well as find support, hope and community. Our programs are free of charge to anyone affected by cancer, including patients, caregivers, loved ones and children.”

Caring Bridge

www.caringbridge.org

As a global nonprofit social network, we help people connect with family and friends during a health journey. We’re a free, advertising-free platform with simple tools for patients and family caregivers to share health updates, and for their communities to offer support and encouragement.

Casting for Recovery

<https://castingforrecovery.org/>

“Casting for Recovery (CfR) provides healing outdoor retreats for women with breast cancer, at no cost to the participants.”

Cleaning for a Reason

<https://cleaningforareason.org/>

“Cleaning for a Reason partners with more than 1,200 maid services to provide free home cleaning to cancer patients. Any woman, man, or child in active cancer treatment may apply for services.”

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Hereditary Colon Cancer Takes Guts

www.hcctakesguts.org

HCCTG is a support group for patients to raise awareness about hereditary colon cancer conditions. HCCTG works with other hereditary colon cancer groups to develop patient-friendly resources that can successfully empower families to be strong advocates of their own health care.

Imerman Angels

<https://imermanangels.org/>

“Through our matching process, Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them—a “Mentor Angel”. A Mentor Angel is a cancer survivor or caregiver who most importantly has faced the same type of cancer.”

Livestrong at the YMCA

<https://ymcafw.org/programs/livestrong-at-the-ymca>

“The Y and LIVESTRONG® have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program for cancer survivors and those currently undergoing treatment... This free, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy spirit, mind and body. Patients also learn about wellness, stress reduction and how to continue healthy habits after the program has ended.”

MyLifeline.org

www.mylifeline.org

“MyLifeLine.org was created to connect cancer patients and caregivers to their family, friends, and others like them for social and emotional support... Connect with others like you; keep your friends and family informed and involved; find resources from Cancer Support Community; set privacy controls.”

National Cancer Survivorship Resource Center (The Survivorship Center)

[Collaboration between the American Cancer Society and the George Washington University Cancer Institute]

<https://www.cancer.org/health-care-professionals/national-cancer-survivorship-resource-center.html>

“Our goals are to shape the future of cancer survivorship care and improve the quality of life of cancer survivors as they transition from treatment to recovery. Here you will find information about the progress The Survivorship Center has made and resources that have been developed for cancer survivors, health care professionals, and the policy and advocacy community.”

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National Cancer Institute

<https://www.cancer.gov/about-cancer/coping/survivorship>

Patient-focused page on A New Normal; Follow-Up Medical Care; Late Side Effects of Treatment; Family Issues After Treatment; Care for Childhood Cancer Survivors; Questions to Ask Your Doctor When You Have Finished Treatment.

National Cancer Institute (NCI) Office of Cancer Survivorship (OCS)

<https://cancercontrol.cancer.gov/ocs/>

“The NCI Office of Cancer Survivorship works to enhance the quality and length of survival of all persons diagnosed with cancer and to prevent, minimize, or manage adverse effects experienced during cancer survivorship... OSC works to promote a better understanding of the unique needs of the growing population of cancer survivors and to enhance our ability to address those needs.”

For Survivors and Caregivers: <https://cancercontrol.cancer.gov/ocs/resources/survivors.html>

For Health Care Professionals: <https://cancercontrol.cancer.gov/ocs/resources/healthcare.html>

National Comprehensive Cancer Network® (NCCN) (free membership)

NCCN Guidelines for Detection, Prevention, and Risk Reduction: Genetic/ Familial High-Risk Assessment: Breast, Ovarian, and Pancreatic:

https://www.nccn.org/professionals/physician_gls/pdf/genetics_bop.pdf

NCCN Guidelines for Adolescent and Young Adult (AYA) Oncology:

https://www.nccn.org/professionals/physician_gls/pdf/aya.pdf

NCCN Guidelines for Detection, Prevention, and Risk Reduction: Genetic/ Familial High-Risk Assessment: Colon:

https://www.nccn.org/professionals/physician_gls/pdf/genetics_colon.pdf

NCCN Guidelines for Survivorship:

https://www.nccn.org/professionals/physician_gls/pdf/genetics_colon.pdf

National Coalition for Cancer Survivorship (NCCS)

www.canceradvocacy.org

“NCCS advocates for changes in how the nation researches, regulates, finances, and delivers quality cancer care; empowers cancer survivors through its publications and programs, which provide tools for self-advocacy; convenes other cancer organizations to address nationwide public policy issues affecting cancer survivors.”

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Oncology Nursing Society “Explore Resources” — Survivorship

<https://www.ons.org/explore-resources?display=topic&topic=731&ref=RO>

Choose from a variety of articles, books, courses, learning libraries, standards and guideline, videos, and webinars.

Reel Recovery

<https://reelrecovery.org/>

“Reel Recovery is a national non-profit organization that provides free fly fishing retreats for men living with all forms of cancer.”

Stupid Cancer

<https://stupidcancer.org/about/who-we-are/>

“Stupid Cancer offers a lifeline to the young adult cancer community by connecting them to age-appropriate resources and peers who get it. Our mission is to empower adolescents and young adults affected by cancer by ending isolation and building community.”

Survivorship A to Z, Inc.

<http://www.survivorshipatoz.org/>

“Survivorship A to Z is an independent not-for-profit corporation consisting of a small but dedicated staff, volunteer experts, living after a cancer diagnosis, patient advocates and caregivers.” Survivorship tools include: Insurance; Medical Care; Finances; Government Benefits; Work Issues; Planning Ahead; Day to Day Living.

Sisters Network[®], Inc.

<https://www.sistersnetworkinc.org/>

“Sisters Network[®] is committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community... Overall goal: Reduce the mortality rate of breast cancer among African American women by generating awareness, garnering attention, providing access to information and resources, and supporting research efforts in the ecosystem.”

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Triage Cancer

<https://triagecancer.org/>

“Triage Cancer is a national, nonprofit organization that provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers, through events, quick guides, and cancer resources.” Education materials and resources on practical and legal issues that arise after a cancer diagnosis like health insurance, financial toxicity, disability insurance, work and employment include: Quick Guides; Resources by Topic; Resources by Location; Animated Videos; CancerFinances.org; Charts of State Laws; Educational Blog; Our Partners; Spanish Resources.

Camps, Adventures, Retreats, & Vacations: <https://cancerfinances.org/toolkit/#3>

Childcare: <https://cancerfinances.org/toolkit/#4>

College Scholarships: <https://cancerfinances.org/toolkit/#5>

Quick Guide to Legal Assistance: <https://triagecancer.org/wp-content/uploads/2018/05/2018-Legal-Assistance-Quick-Guide.pdf>

<https://utswmed.org/cancer/support-services/support-groups/> (several)

<https://www.ils.org/support/other-helpful-organizations/financial-resources/respice-and-camp-services>
(many more listed under this)

<https://www.ils.org/support/other-helpful-organizations/patient-and-caregiver-resources-support-and-counseling/legal-resources> (several listed)

https://www.patientresource.com/Patient_Support_Groups.aspx

[https://s3.amazonaws.com/nursing-network/production/attachments/164771/original/Cancer Resources for GI patients all.pdf?2018](https://s3.amazonaws.com/nursing-network/production/attachments/164771/original/Cancer_Resources_for_GI_patients_all.pdf?2018)