

# Support for Your Journey

For UWMC oncology patients and families

## Support Groups

A support group is a gathering of people who share a similar journey. Support groups can provide a safe place for you to share your concerns. The groups may meet in person, online, or on the phone.

Diagnosis-specific support groups can provide emotional and social support for you and your loved ones. You may also learn new ways to cope with your diagnosis and treatment.

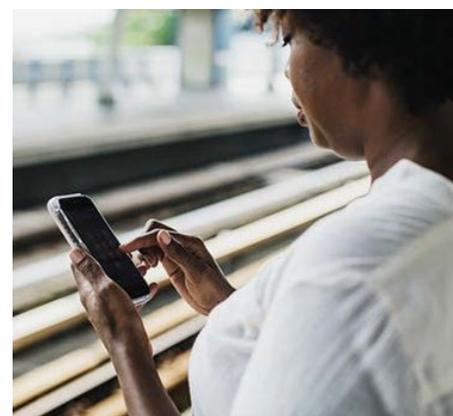


Scan for a digital copy of this handout.

## Phone and Online Support

Some support groups meet online or by phone.

- **CancerCare:** CancerCare offers support groups for patients and caregivers. You must register for a group to attend. All groups have start and end dates. Visit [www.cancercare.org/support\\_groups](http://www.cancercare.org/support_groups)
- **Cancer Lifeline Phone Line:** Cancer Lifeline has a phone line to support anyone touched by cancer. Their trained staff and volunteers provide caring support and information. Call 206.297.2500 Monday through Saturday, 9 a.m. to 9 p.m.
- **Cancer Lifeline:** At Cancer Lifeline they offer a variety of support group, classes, & educational programming. Please visit their website to look at their current course catalogue and learn how to register for programming. [www.cancerlifeline.org](http://www.cancerlifeline.org)
- **Cancer Pathways:** Offers support groups, classes, and social work support. Please visit their website to learn more about their programming and resources. [www.cancerpathways.org](http://www.cancerpathways.org)



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## Counseling

Counselors or therapists offer one-on-one or family counseling. They can help with complex issues or when other types of support do not meet your needs. Your social worker can help you connect with a counselor who works with cancer-related issues.

- **Cancer Care Counseling Program:** This program provides free counseling over the phone for people with cancer and their caregivers and loved ones. To ask to speak with a counselor, call 800.813.HOPE (4673) or send an email to [info@cancercare.org](mailto:info@cancercare.org).

- **Cancer Lifeline Counseling Program:** This program provides free counseling services to adults and children of all ages in Washington State who are struggling with the challenges of a cancer diagnosis and treatment.

Cancer Lifeline also provides free counseling to those who have a loved one with a cancer diagnosis. It focuses on those without adequate insurance resources, or those who have been unable to find a therapist on their own. To apply, please fill out the online form found at: [cancerlifeline.org/counseling-services](http://cancerlifeline.org/counseling-services)

## Peer Support Mentoring Programs

Peer programs offer support for patients and caregivers from someone who has been on a similar journey. This support is provided online or over the phone.

- **Imerman Angels:** [www.imermanangels.org/get-support](http://www.imermanangels.org/get-support)
- **4th Angel Mentoring Program:** [www.4thangel.org](http://www.4thangel.org)

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your provider or social worker's name and number:

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