

旅途中的扶持

为华大医疗中心肿瘤患者及其家属提供的资讯

支持团队

是一群有类似经历的人组织的支持团队。支持团队可以为患者提供一个安全的环境，表达自己的担忧和顾虑。这些团队小组可经会面、线上或电话形式联系。

支持团队可以针对诊断出的病情、为患者及其的亲人提供情感和社交支持。患者还可能学到如何应对病情及治疗的新方法。



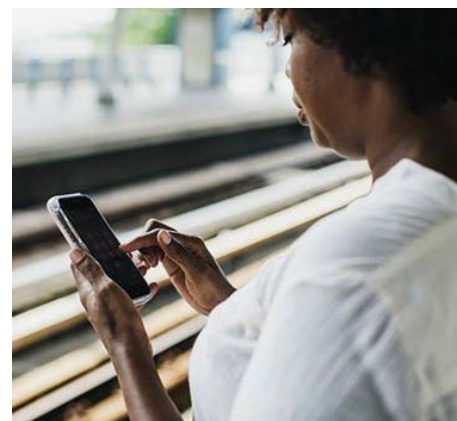
请扫描此二维码即可
获得此讲义的
电子版。

电话或在线

有的支持团队经由在线或电话相聚。

癌症护理（CancerCare）：癌症护理（CancerCare）为患者的护理人员提供支持的小组。患者必须注册参加团体。所有小组均有开始和结束日期。请上网以取得详细资讯：

www.cancercare.org/support_groups



有些支持团队经线上或电话联系

- **癌症生命线电话专线（Cancer Lifeline Phone Line）：**癌症生命线 Cancer Lifeline 设有电话专线，支持所有癌症患者。他们的员工和志愿者均受过培训提供关怀的支持和信息。请于周一至周六上午 9 点至晚上 9 点拨打 206.297.2500。
- **癌症生命线（Cancer Lifeline）：**癌症生命线提供多种支持小组、课程及教育项目。请上他们的网站，查看当前课程目录并了解如何注册参加项目。 www.cancerlifeline.org
- **癌症途径（Cancer Pathways）：**提供支持小组、课程及社工的支持。请上他们的网站以了解更多项目及资讯。 www.cancerpathways.org

辅导

辅导师或治疗师提供一对一或家庭的辅导，或当其他类型的支持团队无法满足患者的需求时。他们可以协助处理复杂问题。社工可以帮助患者联系一位专注于癌症相关问题的辅导师。

- **癌症护理辅导项目（Cancer Care Counseling Program）：**该项目为癌症患者及其护理人员及其亲属提供免费电话辅导。如需与辅导师谈话，请致电 800.813.HOPE（4673）或发电子邮件至 info@cancercare.org。

- **癌症生命线辅导项目（Cancer Lifeline Counseling Program）：** 该项目为华盛顿州各年龄阶段的成人及儿童提供免费辅导的服务，帮助他们应对癌症和治疗的挑战。

癌症生命线也对癌症患者的亲属提供免费辅导。该服务着重于因为保险涵盖不足、资源有限或无法自行找到治疗医生的患者提供服务。请上他们的网站：

cancerlifeline.org/counseling-services

同伴支持辅导项目

同伴支持辅导项目为患者和护理者提供支持，由经历过类似经历的人提供。这些支持可经在线或电话提供。

- **艾莫曼天使（Imerman Angels）：** www.imermanangels.org/get-support
- **第四个天使辅导项目（4th Angel Mentoring Program）：** www.4thangel.org

您有疑问吗？

我们很重视您的提问。如有任何疑问或顾虑，请联系您的医生或医疗服务提供者。

您的医疗提供者或社工的姓名及联系电话：

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.

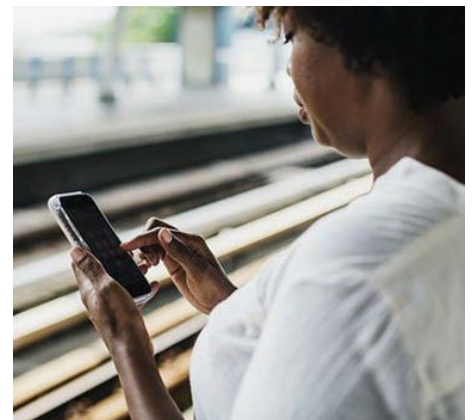


*Scan for a
digital copy of
this handout.*

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.cancercares.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:** Cancer Lifeline offers a variety of support group, classes, and educational programming. Please visit their website to look at their current course catalogue and learn how to register for programming. 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



*Some support groups meet online
or by phone.*

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@cancercares.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

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
- **4th Angel Mentoring Program:** 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:
