

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.

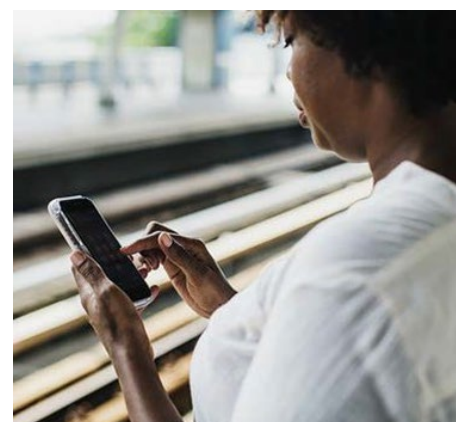


Scan for a digital copy of this handout.

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:
