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 the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures**

- American Cancer Society. *After Diagnosis*.
- 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](https://pubs.cancer.gov/ncipl/home.aspx)

**Magazines**


**Books**


**Web Resources**

• **American Cancer Society**
  [http://cancer.org](http://cancer.org)
  → Click “Find Support & Treatment”
  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](http://cancercare.org)
  → Click “For Patients and Survivors”
  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](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**
  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](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](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. There is one section that focuses entirely on “Coping with Emotions”.

- **Cancer Support Community**
  [http://cancersupportcommunity.org](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://cancercare.org](http://cancercare.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.