The purpose of this guide is to help you find information and support on what to do after a cancer diagnosis. 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 and Fact Sheets**

- American Cancer Society. *Distress in People with Cancer.*

**Books**

Audiovisual Resources


Web Resources

- American Cancer Society
  http://www.cancer.org
  This large site has detailed summaries of specific cancers, and information about living with cancer, making decisions, and coping with side effects and practical issues.

- American Society of Clinical Oncology’s Cancer.Net
  http://www.cancer.net
  Cancer.net has research news, treatment guidelines, and online discussions with oncologists.

- CancerCare
  http://www.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.

- Cancer Support Community
  http://www.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 locale local chapters.

- National Cancer Institute (NCI)
  http://www.cancer.gov
  This site contains peer-reviewed summaries on treatment of adult and childhood cancer types, and supportive care topics. Oncology specialists update the statements monthly. The site also has a database of cancer clinical trials.

- National Coalition for Cancer Survivorship – The Cancer Survival Toolbox
  http://www.canceradvocacy.org/resources/cancer-survival-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.
University of Michigan Resources

- University of Michigan Comprehensive Cancer Center At Diagnosis web page
  This page provides links to services that are available to you at the time of
diagnosis. These services are here to help you better understand your cancer, help
with treatment decisions, and to help you cope with changes to your personal life.
Links to amenities and maps of the University Health System are also available
here.