At some point, most people with cancer need help.

Knowing how your cancer diagnosis, and/or your treatment, may affect your abilities to care for yourself is very important. Needing assistance may arise as a result of not feeling well because of the cancer itself or the cancer treatment. Ask your care team what symptoms or side effects you may experience, and the treatment schedule/time demands so you can have a clear understanding of where you may need help.

You may also at times, feel alone during your cancer experience. You may want others to talk to who understand what you are experiencing. There’s help for that too. Talk to a hospital social worker or patient navigator about how you are feeling. (Also see 1:1 Peer Support below)

Initiating a request for practical help or emotional support may be difficult for people. This is the time however to ask!

Different people can provide different types of help. Let people know specifically what kind of help you need; “you’ve offered to help, could you _______?

• do childcare or dog-walking
• bring a meal or grocery shop
• drive you to your treatment appointment
• do lawn work, house care, transporting children, etc
• provide a listening ear

Content adapted from websites below.

**Websites for communicating, organizing help and support**

- [My Cancer Circle](http://www.mycancercircle.com)
- [CaringBridge](http://www.caringbridge.org)
- [Take Them a Meal](http://www.takethemameal.org)
- [PostHope](http://www.posthope.org)
- [MyLifeLine](http://www.mylifeline.org)
- [Caregather](http://www.caregather.com)

**Resources for Additional Information:**

- [Cancer Care, Coping With Cancer When You’re On Your Own: How to Get the Support You Need](http://www.cancer.net/coping)
- [American Cancer Society: Finding Support Programs and Services in Your Area](http://www.cancer.net/find-support)
- [Little Brothers, Friends of the Elderly®](http://www.littlebrothers.org)
- [Cancer Support Community](http://www.cancersupportcommunity.org)
- [Care.com](http://www.care.com)
- [The Catholic Charities, Get Help](http://www.catholiccharitiesusa.org/care)
- [Ill Dept of Human Services, Home Services Program](http://www.idhs.gov/homecare)

**Websites for 1:1 Peer Support & More**

- [Cancer.Net, Finding Social Support & Information](http://www.cancer.net)
- [Cancer Hope Network 877-467-3638](http://www.cancerhopenetwork.org)
- [I Had Cancer](http://www.ihadcancer.com)
- [4th Angel Mentoring Program](http://www.4thangel.org)
- [Imerman Angels 877-274-5529](http://www.imermanangels.org)

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