

LIVING & COPING with CANCER WEBSITES

We have provided the following websites to assist you with:

- Your feelings and adjusting to cancer
- Coping as a patient, caregiver, and a parent
- Helping children and teens
- Support for young adults with cancer
- Self-image, sexuality, fertility
- Day to day life, working, and financial concerns
- Spirituality
- Nearing the end of life
- Survivorship

American Cancer Society

www.cancer.org/cancer/supportive-care/therapy-counseling-and-support-resources.html

CANCERcare

www.cancercare.org/counseling

National Cancer Institute

www.cancer.gov/about-cancer/coping/feelings

www.cancer.gov/about-cancer/coping/adjusting-to-cancer/support-groups

Cancer Support Community

www.cancersupportcommunity.org/get-support

Stupid Cancer – For Teens & Young Adults with Cancer

www.stupidcancer.org/mental-health

This is Living with Cancer

www.thisislivingwithcancer.com/health-wellness/mental-health

National Foundation for Cancer Research

www.nfcr.org/blog/emotional-resilience-mental-health-and-coping-strategies-during-cancer-treatment

Blood Cancer United

www.bloodcanceunited.org/blood-cancer-care/adults/managing-blood-cancer-treatment-side-effects/mental-health

Living Beyond Breast Cancer

www.lbbc.org/about-breast-cancer/emotional-health

Triage Cancer

www.triagecancer.org/cancer-psychosocial-care

For assistance with these websites or guidance in finding additional resources and support, please call the UPMC Hillman Cancer Center Gumberg Family Resource Center at 412-623-4733 (7/9/26)