



The American Cancer Society estimates between 1.8 million and 2.0 million people will be diagnosed with cancer each year. Cancer is a frightening and emotional disease. The purpose of the Cancer Support Project is to help educate friends and family about cancer and how you can support your friend or family member with cancer.

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Cancer Support Project

“Surround yourself with only people who are going to lift you higher.” – Oprah

The Cancer Support Project was established as a resource for the friends and family of cancer patients. When a loved one is diagnosed with cancer, those closest to them often find themselves in uncharted territory trying to navigate how to provide the most support. We have compiled ideas on how you can help and perspective on what your friend may be going through.

Cancer is scary and full of unknowns and it's our goal to provide you with easy steps on how to support someone going through an uncertain time. Sometimes, the most effective treatment is love. Knowing that there are those rooting for you, thinking of you, and devoted to helping you in every way possible is vital to someone diagnosed with cancer.

For more information, visit: CancerSupportProject.com

Understanding Cancer Emotions

“In the depths of winter, I finally learned that within me there lay an invincible summer.” – Albert Camus

For anyone, the word cancer can be scary. It’s full of unknowns, statistics, and treatments. It may be a long journey full of little victories stifled by more bad news and test results.

If you have a loved one who has been diagnosed with cancer, **don’t pull away – STEP UP.** They need you more now than ever. Their life may have just fallen apart. A cancer diagnosis puts a spotlight on the frailty of life. Chances are they are thinking about the fact that they might die, possibly leaving their young children with only one parent. These are haunting thoughts to be alone with.

Support is essential during this time. You won’t be able to change the situation, but they need to know that you see their fear and that you aren’t going anywhere. Once someone is diagnosed with cancer, everything is turned

upside down. The people they thought were true friends may pull away – perhaps simply because they don’t know how to relate or feel awkward. Understand that these feelings are normal, and they could happen to you. But, be there for your friend, they should not be alone. They are lucky to have you.

Being overly optimistic about their diagnosis can backfire, so be careful how you present your words towards their sickness. Optimism can make a sick person feel alone and afraid. We hope their treatments work, and that everything will be okay in the end. At the same time, we can acknowledge the scary, awful, unfair outcomes that are also a possibility. Specifically, we can hold a place for your friend or loved one to say the unimaginable:

“I might die.”

*“My children might grow up with
only one parent.”*

“Everything has fallen apart.”

As hard as this may be for you to hear, allow them to talk and process their emotions if they want to. But the truth is that if someone you love has cancer, they probably won't be completely open about what they're going through because they're trying so hard to be strong.

For you. However, if they could be truly honest and vulnerable, they would tell you not to wait on them to ask if they need anything and to visit or call occasionally.

Offer to help.

Your friend is going to get to a point where they can't “do it” by themselves. They may have a caregiver, but that person is going to get burnt out as well. Are you a person who finds it easy to ask for help? Probably not and neither is your friend. It's weird asking others to spend time “visiting” or helping to do simple tasks. Cancer patients feel weak and needy asking for help. They also fear that someone will say “no” and then they'll be faced with the reality that they are alone. Don't wait for your friend to reach out,

take the initiative on your own.

Don't write off their emotions.

Allow your friend to experience real emotions. Even though cancer and its treatments can sometimes influence their outlook, they still have normal moods and feelings in response to life events. If they are angry or upset, accept that something made them mad and don't write it off as the disease. They need to experience and express real emotions and not have them minimized or brushed off.

Forgive them.

There will be times when the illness and its treatment make them “someone else.” They might be forgetful, abrupt, hurtful, melancholy, distant, etc. None of this is deliberate. Please don't take it personally. Forgive them and don't pull away. Also, don't be offended if they need to cancel plans with you. The effects of cancer can be unpredictable.

Just listen.

They will try to be brave and strong but will have moments when they need to fall apart with someone safe. Just listen and don't offer solutions. A good cry releases a lot of stress and pressure. Being quiet can be

challenging when a loved one faces a life-threatening diagnosis. Try to listen without judging and without “cheerleading.” This means not saying “everything will be alright” or denying your loved one their own reactions. Let them lead the way.

Take pictures together.

Your friend will probably not want to take pictures or videos but gently insist. A snapshot can help them get through tough times. A photo is a reminder that someone thinks they’re important and worth remembering. They may say “I don’t want you to remember me like this” when treatment leaves them bald or scarred. But, that is who they are RIGHT NOW. Embrace that with them.

Give them time alone.

Even though it’s crucial to spend time with your friend for their sake (as well as yours), they also need time alone. Give them a little solitude and don’t translate that need as them not caring about you. Alone time gives them the chance to take off the brave face they’ve been wearing too long, and the silence can be soothing.

Respect their privacy.

Friends and family often confide in those they trust and love the most when they are struggling with cancer. Remember to respect their privacy. Refrain from spreading the news. If they don’t confide in you immediately, don’t take it personally. Everyone handles heavy news differently, and it may take them some time to adjust.

Care for their family.

Parenting is hard enough when your body is healthy, but it becomes even more challenging when you’re managing a cancer diagnosis with the day-to-day needs of your family. Young children who aren’t mature enough to understand what they’re going through, still need to go to school, do homework, play sports, and hang out with friends. Car-pooling and play dates are sanity-savers. Help with their kids when you can.

The above advice is just a glimpse into what you may experience while supporting a loved one with cancer. How you respond and the way you can be there for them is dependent on your existing relationship with your friend. Be flexible but most of all, be understanding.

Self-Care

“Yesterday is history, tomorrow is a mystery, but today is a gift — that’s why it’s called ‘the present.’”

– Eleanor Roosevelt

You are likely to have strong feelings when you first learn about their cancer. Hearing about a friend’s diagnosis can be heart-breaking. As you step up to play a supportive role for your friend, remember to process your own emotions for yourself. Balance your own thoughts with ways to be present and helpful.

It’s important to remember that there will be times when your loved one will not want to talk about cancer. Take a moment on your own to learn more about their condition. Educate yourself about cancer. *CancerCare* and other organizations have helpful literature and user-friendly websites with up-to-date information about diagnoses, cancer treatments, side effects, and other related concerns.

Take care of your health. While some cancers strike unexpectedly, many can be prevented with just a few lifestyle changes: stop smoking, lose extra weight, protect your skin from sun damage, and watch what you eat. See a doctor for regular check-ups and demand follow-up whenever pain, bleeding, or unusual lumps show up. Many people can live long and fulfilling lives if this disease is discovered in its early stages.

Enjoy the life you have right now and thank God for bringing you and your friend together. Be grateful for the physicians and treatments that give them the chance to fight. And if there ever comes a time when the treatments no longer work, know that they will always be thankful for having lived a life with you in it.

Cancer Facts

“Cancer is a word, not a sentence.” – John Diamond

Type of Cancer	New Cancer est. 2023	Number of Deaths 2023
Brain & nervous system	24,810	18,990
Breast	297,790	43,170
Prostate	288,300	34,700
Lung	238,340	132,330
Urinary bladder	82,290	12,160
Melanoma/skin	97,610	12,590
Non-Hodgkin lymphoma	80,550	20,180
Oral cavity & pharynx	54,500	11,580
Colorectum	153,020	52,550
Skin	104,930	12,470
Pancreas	64,050	50,550
Liver	41,210	29,380
Uterine, cervix	13,960	4,310
Uterine corpus	66,200	13,030
Leukemia	59,610	23,710
Thyroid	43,720	2,120
Kidney and renal pelvis	81,800	14,890
Annual cases	1,792,690	353,940

Est. New Cases in 2023	Number of Deaths 2023	1 in 2 men will be diagnosed with cancer in their lifetime.	1 in 3 women will be diagnosed with cancer in their lifetime.
1,958,000	609,820		

American Cancer Society has a wealth of information on all forms of cancer.
<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2024/2024-cancer-facts-and-figures-acf>

Cancer Stages

The cancer journey is broken into three stages – diagnosis, treatments, and recovery. Each stage brings a series of new emotions and challenges.

Stage 1: Diagnosis

When a cancer diagnosis is received, a wave of emotions sets in for both the patient and their loved ones. Everyone will experience shock but for the patient, it's extremely devastating and difficult to process. Likely, this will be the most formidable challenge that they have faced. They need you now more than ever to be present. Be upbeat but not too optimistic. Don't overdo it.

Stage 2: Treatments

Cancer treatments can seem like they are endless and take up a lot of time. Treatments disrupt the normal flow and routine of life, which had previously been more organized and predictable. Your friend will be concerned about their children, their family, their job, and their home. Be a good listener. Give them the opportunity to vent their emotions and concerns. Don't cut them off in conversation, allow them to vent with a kind heart.

Stage 3: Recovery

After treatment patients can experience depression or worry that their cancer will return. They are often exhausted and their homelife may not return to previous normality for months. Remember, this has been a long, stressful, and tiring time. Their strength and stamina will take patience on your part. Help your friend find a support group. Finding others who have been through the cancer journey will offer them the compassion and information they need.

How to Support a Loved One

“When I was given a short time to live, I was told by one of my kids, ‘Mom, you’re a fighter! Let’s do this!’” – Mary Bollinger Appelhanz

Stay connected.

Cancer treatment can take a long time. People with cancer often say that friends and family “don’t call anymore” after the initial crisis of diagnosis. Checking in regularly over the long haul can be very meaningful for the person living with cancer. Your friend’s diagnosis is the opportunity to reach out in whatever way you can. There is a need to connect, and to show compassion. Your relationship will deepen when you offer support.

Be there.

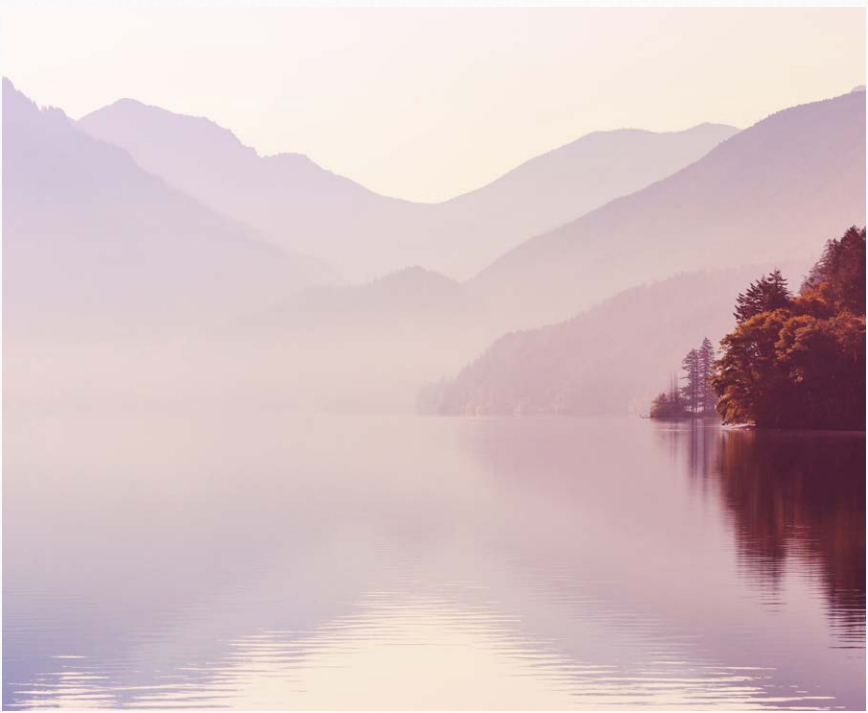
Think about how you’ve helped each other feel better during a difficult time in the past. This could be something as simple as sitting with your loved one during treatments. Do whatever works for you both, and don’t be afraid to try something new.

Help where you can.

Doing something, even something small, is better than avoiding the situation or the person, which will only make them feel more alone. Keeping the kids fed and the family running in a more usual way is hard if you’re not feeling well. If you don’t cook or can’t reliably deliver things like meals, don’t attempt to do it. There are food delivery options from restaurants. Volunteer to be their driver for your friend’s carpool. Be there to support them during chemotherapy and their treatments. Go with your feelings.

Keep things normal.

Often, we try to make life easier by “doing things” for the person who is sick. It is a way of feeling useful when we are unsure what to do. However, some people may want to do normal activities or talk about ordinary things. Try



to make them laugh when it's appropriate. A light conversation, a funny story, or a silly video can make a friend's day.

Prepare for the end of treatment. People sometimes process the heaviness of what they have been through only when it is over. While your loved one may no longer need help getting through treatment, they may still feel sadness, guilt, or other strong emotions. Allow for sadness. Do not ignore uncomfortable feelings if they come up. You can provide

comfort by just being with them and listening.

Remember Your Loved One's Caregivers. Being a caregiver for someone with cancer can be very difficult. This can be their spouse, partner, parent, or adult child. They often take on tasks like taking them to treatment, arranging appointments, and giving care and emotional support. In many cases, they need to do everyday chores for the person who is sick and for themselves. These are things you might be able to do to help them but ask first.

*“Today will never come again. Be a blessing.
Be a friend. Encourage someone. Take time to care.
Let your words heal, and not wound.” Unknown*

Offer food delivery or to “sit” with your loved one while they go to lunch with friends, run errands, go to an appointment, etc. Also, help them take their loved one to a doctor’s appointment. That can often be a major physical chore if they are unable to transfer the patient from the car. It can be very exhausting on the caregiver AND the patient. You may also want to consider offering the caregiver some form of appreciation for the support they have provided the cancer patient and the patient’s family.

Give advice only when asked.

After you hear of the cancer diagnosis, you are not an expert. Your loved one’s health care team will give them the information they need to make strong decisions. Support your loved one’s treatment decisions. While you may be in a position to share decision-making, ultimately it is your loved one’s body and

spirit that bear the impact of the cancer. They may ask for advice, but in the end the decisions are theirs.

Start a prayer chain.

Prayer can be a powerful tool for healing and support. Consider starting a prayer chain. This is a way to show your loved one that they have a group of people who love them and are constantly thinking about them. Make sure you ask your friend if they want a prayer chain and who would they want on it for the benefit of their privacy.

Make plans for the future.

It gives your friend something to look forward to, cancer treatment can be long and tiring. This also helps them psychology as they fight.

What NOT to Say

Before we talk about things you can say to uplift and having meaningful conversations with your friend with cancer, it's best to discuss what you should NOT say first. If a friend has been diagnosed with cancer, we are typically left wondering how to talk to them.

“I know how you feel.”

This is not a good thing to say. If you've never had a life-threatening disease, you don't actually know what they are going through. This statement may make them feel even more misunderstood and alone.

“My brother had this kind of cancer; he was in the hospital for months.”

“The same thing happened to my neighbor, and it worked out fine.”

People are different, cancers are different. Instead of bringing up other people's stories, focus on your friend. They are likely in the most troubling time of their life.

“I'm sure you will be fine.”

“This is God's plan.”

“I know this will turn out OK.”

“I know you will fight this.”

Be cautious about saying things that you don't know to be true in an attempt to make them feel better.

“I know just what you should do.”

It's best that they listen to their doctor. While you can offer suggestions on activities, allow the medical team to guide your loved one.

“Don’t worry.”

There is simply no way for your loved one NOT to worry. They are battling something that could take their life.

“Everything happens for a reason.”

“What doesn’t kill you makes you stronger.”

These cliches aren’t helpful. Even though these sayings are true, during a stressful and worrisome time they may bring fear into the situation instead of encouragement.



What NOT to Do

Now that your friend's life circumstances have changed, your relationship might not quite look the same. We're not saying it will be "worse," only different. It's important to note this short list of "do nots" that may have been acceptable before they got sick:

- **Do not** drop in at home or at the hospital. Call ahead.
- **Do not** visit your friend if you are sick, are getting sick, or was around someone who was sick.
- **Do not** deliver food without asking first. "I'm making some chicken vegetable soup; can I bring some over for you?" Remember to ask about allergies or if they have any new restrictions.
- **Do not** exhaust your friend. Long phone calls can be draining. Make your calls short and give your friend a chance to rest.
- **Do not** offer advice without asking permission first.

What to Say

“People who said, ‘I am here for you’ were some of the sweetest words I ever heard.”

– Shared by Sylvia Ramsey Savage

Now that we’ve covered what you should NOT say and do, let’s discuss how to properly support your friend or family member. Remember, it’s imperative that you step up. Do not step back.

Chances are you don’t know what to say or you may feel uncomfortable. But, your friend needs you now more than ever. Focus on sharing positive words that validate what your loved one is going through, or simply offer to listen. A listening ear can be a blessing.

Treat them the same. Try not to let your friend’s cancer get in the way of your friendship. As much as possible, treat them the same as you always have. Talk about topics other than cancer. Ask about their interests, hobbies, and other topics not related to cancer. Come ready to talk to them about something unrelated to cancer. People going through

treatment often need a break from cancer talk.

Remember to consider your friend’s physical and emotional condition. When talking to your friend, listen for clues that they are not ready to talk about their diagnosis (or to talk at all). If they seem reluctant to talk, respect their feelings. Here are some examples of simple phrases or questions that can be good conversation starters.

“Let’s talk about something other than cancer.”

How many times have people asked your friend about their cancer? Just drop it. Focus on your friend and what they enjoy. Sports, golf, fishing, cooking, bridge, gardening, and local issues. Saying something simple like “that was one heck of a game!” or “remember when we played golf, and you had a hole in

one?" It helps your friend feel like things are getting back to normal and they're still connected to their friends.

"I don't know what to say, but I do want you to know I am here for you."

Show up for your friend and remain close as they go through this process. Support them through good days and bad days.

"You are in my thoughts and prayers."

Hearing that your wellbeing is on someone's heart can be comforting. Prayer may be very peaceful for you both. If you or your loved one aren't religious, it's still helpful to hear someone is keeping you in their thoughts.

"I'm so sorry you're going through this."

When a loved one is diagnosed with cancer, their life will be significantly changed. Let them know they will always have your sympathy and support no matter what.

"Let me help you with..."

Treatment, doctor's appointments, and physical symptoms make it difficult to keep up with day-to-day life. Make sure your

friend knows that everything will be taken care of. Their focus should be on healing, not worrying. Instead of placing the burden of decision on the patient or their caregiver, offer specific options of things to do. For example: May I come over and change the linens, or clean out the refrigerator?

Tell a Joke - Laughter and hugs are the best medicine!

Cancer is no joke, but it is still good to hear a joke that makes you laugh and takes your mind off of what you are going through. Even if it is just for a couple of minutes! Those minutes can mean the world to your friend.

"It's good to see you!"

Be there for your friend, don't be afraid to ask about their mental health, and always lend a shoulder to lean.

"Any time you need to talk, I'll listen."

Having someone there to just listen can be enormously helpful. They're experiencing a lot of emotions, and you can provide an outlet for whatever they want to talk about.



“What day works for a visit?”

We thrive off personal interactions, especially with our friends and loved ones. During difficult times, it’s crucial to show your support by planning regular visits. This will give your friend or family member a sense of community and help them feel like things are more normal.

“You are beautiful.”

If undergoing chemotherapy, your loved one may lose their hair during treatment. This is a very emotional process and feeling confident could be a challenge.

This is an opportunity for you to make sure their inner and outer beauty is recognized. A little motivation goes a long way. Lift your loved one up. Make them feel powerful. Whatever words you choose to convey this, they may appreciate the positivity despite a negative situation.

“There are so many things to love about you.”

Cancer has a way of feeling all-encompassing and they may feel like their identity revolves around being a cancer patient. Not true, your loved one is

so much more. They could be an artist, an athlete, a parent, a teacher. Help them focus on the wonderful parts of their life that have nothing to do with their illness.

“Did you see the latest episode?”

A reminder to talk about something else other than cancer. Cancer patients spend time talking about their cancer. Your friend or loved one will appreciate those who can find something brighter to talk about. Whatever the topic, getting their mind off their illness will be refreshing.

“We can still do our favorite. . .”

Walks, card games, watching your favorite show together, you may suggest continuing your regular routines with your friend. As they approach a new hurdle of their life, you can help by creating familiarity during a period of unknown.

“What’s up?”

Instead of asking how they “feel,” just talk. Discuss anything other than their sickness, unless they bring it up first.

“I love you.”

These three simple, powerful words can mean the world. They

might be the thing your friend needs to push through the day. Offer specific help and unending love – just be human and do not expect anything in return.

Don’t be afraid to touch, hug, or shake hands. Physical touch provides strength and can calm emotions. This is the best medicine! People worry that they don’t know what to say to someone with cancer. Try to remember that the most important thing is not what you say – it’s that you’re there for them.

Once treatments are finished, your friend may want to talk about the experience less and less. If your friend wants to talk about their cancer and recovery, let them start the conversation. Ultimately, their desire will be to return to normal.

Things You Can Do

“When we long for life without difficulties, remind us that oaks grow strong in contrary winds, and diamonds are made under pressure.” – Peter Marshall

Service

Finding ways to serve your friend when they aren't physically able to do what they normally would is an amazing blessing. Let your friend know that you want to help and that you don't expect anything in return. Likely, it will be hard for them to accept your help but let them know that you are available if an unexpected need comes up. People do better emotionally in a crisis when they have strong support from friends and family members.

How you can help your friend or loved one is based on your relationship. Help with daily tasks and chores is often valuable for a friend with cancer. Be creative with the help you offer. One of those standard phrases we hear all the time is “let me know if I can do anything.” But it's much better to offer your plan for helping. Try this: “I go grocery shopping on

Tuesday and can shop for you.

I will call on Monday afternoon, we can talk and then make a shopping list. I will deliver the groceries and put them away. Then we can have some time to chat if you're up for it.” See how warm that feels? Don't wait for your friend to ask for help, offer and follow through.

Take over routine tasks like doing laundry, washing the dishes, or taking out the garbage for pick-up. Tidy their lawn or do other outdoor chores. It's likely they won't be doing that soon. Yard work is a great task for neighbors who want to help, too.

Cook dinner and drop it off. Ask beforehand about dietary restrictions, as well as what tastes good to them since treatment can change taste buds and curb appetite. Drive your friend to and from appointments or watch their children so they can rest. Offer to make any difficult phone calls or pay bills.

If you can't physically help, find useful resources like cleaning services or a temporary live-in nurse or babysitter. If your loved one is interested, help them find a cancer support group. Start a CaringBridge site at www.caringbridge.org. It's a free online health journal that allows patients or caregivers to update everyone at once or organize needs like bringing meals, rides to doctor appointments, or taking care of pets.

If they choose CaringBridge or another outlet like a blog or group emails, stay current with the updates so they don't have to repeat information multiple times. These updates are also a great way to start a conversation and show that you care about what they are experiencing.

Gifts

Gifts are always nice. Something as simple as a card with a personal note can lift your friend's spirits. Buy several and drop one in the mail every week. Also consider other gifts, especially as your friend gets deeper into their recovery journey. Keep in mind their interests and hobbies. Keep gifts fun, interesting, serious, or light, depending on what your

friend needs at the moment. Here are some ideas:

- Gift baskets
- Comfort items like slippers, a new robe, warm socks, or a soft blanket
- Gift card for an online shop, spa services, a restaurant, or food delivery service
- A magazine, music, or television streaming subscription
- Audiobooks or physical books
- Pictures of friends and family
- Crossword and Sudoku puzzles
- Note cards or a journal
- Thank you stationery and stamps
- Order a housecleaning service
- Make a fun video message from family and friends being silly

Before sending fresh flowers, plants, or balloons, consider your gift carefully, make sure they are OK to deliver. Flowers & plants can bring pollen and fungal spores, which may be off-limits for someone during or after certain cancer treatments. Some patients may feel like taking care of them is too much. Balloons may also be not allowed in some hospitals due to allergen and other concerns.

Remember, it is not necessary to buy a gift to support your friend during this stressful time.

Reaching out, spending time with them, or showing you care is its own gift.

Quality Time

Take a walk with your friend. Your friend's acceptance depends on their energy and fitness.

If possible, make the walk in a "special place." Nature can be so healing. Choose somewhere with beautiful trees and possibly views of a lake, river, or ocean. In Japan, it's common for doctors to prescribe "forest bathing" – the practice of breathing deeply and being calm and quiet in nature. It naturally de-stresses the body, alleviates anxiety and depression, improves mood and sleep, and increases immune and autonomic function.

If you do go for a walk, consider their energy level and how much they can handle. Bring water, energy bars or maybe a picnic lunch. There is no better place to find solace than in nature. Be patient and slow, allowing you both to enjoy a special time together.

You can also arrange time together with other friends or family members. Make it as easy on your friend as possible by offering to pick them up and making sure

they have enough energy for the outing. Ladies might go to a nail salon and men might want to watch a game. See the next section for more activity ideas. Just remember – no cancer talk! They will want to feel like things are normal.

Go to Chemo with them. It can be lonely going to an appointment by yourself. Your presence in a stressful environment can be exactly what they need. Ask if you can be in the room to take notes because when you are sick, you remember very little. What the doctor is saying is of the utmost importance so help them keep track.

Activity Ideas

For the men. Arrange a get-together so your friend can relax and have fun. Before you organize everything, check with your friend first to make sure they'll be up for it. For the men, call it something fun like "Baseball, Burgers, and Best Friends" or "Homeruns, Hotdogs, and Heroes." Gathering together to watch a favorite sports team is a great distraction from cancer treatments.

Step 1: Select someone's home



that can accommodate your group and that's in a convenient location. This may be a park that has covered picnic sites with tables and grills.

Step 2: Make a menu, purchase the food, and decide who will do the cooking. Ask about allergies first.

Step 3: Don't forget plates, serving utensils, and beverages. Consider that the cancer patient may not be able to drink alcohol due to medications. Be respectful and serve iced tea, soft drinks, and other non-alcoholic beverages.

Step 4: Enjoy each other and check on your friend who has cancer. If they can't stay for the whole event, don't pressure them. Remember to make it fun and put a smile on your friend's face!

For the women. A get-together can look similar to the men's event above. Just cater it to women's interests. Make it a tea party or an art project or both! A monthly book club would be a perfect thing for your friend to look forward to as well. Suggest the nail or hair salon but make sure the strong chemical smell won't irritate them. Wherever you decide to meet, pick your friend up from their home and drive them.

Resources

The American Cancer Society

- They have a portal that allows you to search by zip code or topic for resources.
- They offer financial assistance for cancer treatments through their Road to Recovery® program: [1-800-227-2345](tel:1-800-227-2345)
- They have multiple lodging options like Extended Stay America or Hope Lodge®.
- They also have a 24/7 cancer helpline that provides access to trained cancer specialists who can answer questions about a diagnosis and offer guidance and a compassionate ear: [1-800-227-2345](tel:1-800-227-2345)

If this information has been helpful in providing guidance in supporting family and friends diagnosed with cancer you may want to consider a donation to:

*American Cancer Society
PO Box 6704
Hagerstown, MD 21741*

Cancer Support Project

A support hub that is dedicated to pulling resources for the loved ones of cancer patients: cancersupportproject.com

Very Well Health

This article lists various organizations who can provide financial assistance for cancer patients:

verywellhealth.com/finding-financial-help-for-cancer-patients-514488

CaringBridge

A free online health journal that allows you to update everyone at once or organize needs like bringing meals, rides to doctor appointments, or taking care of pets: caringbridge.org

Cancer Survivors Network

A peer support community for cancer patients, survivors, caregivers, families, and friends! CSN is a safe place to connect with others who share your interests and experiences: csn.cancer.org

Florida Cancer Specialists

A resource specifically for the southeastern US, they provide cancer care and support: flcancer.com/patient-experience