

Emotions and Cancer

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center.

Learn more about UCSF's supportive care programs at

<https://cancer.ucsf.edu/support/crc/patientsupport-center>

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210.

The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101. The complete list of Patient Education Resource Pages is available to view at

<http://cancer.ucsf.edu/support/crc/patient-education-resources>

UCSF Resources

UCSF Oncology Social Work

Social workers are available to see patients and family members in real time, in follow-up visits and even by phone as needed. They are often consulted for help in these areas: Adjustment to diagnosis and treatment; new diagnosis/recurrence, situational depression and anxiety, impact of cancer on patient's family and caregivers, discussing illness and treatment with children, coping with advanced cancer and facing uncertainty and impact of cancer on work, school and finances.

Website: <https://www.ucsfhealth.org/services/oncology-social-work>

Phone Number: 415-353-4762

UCSF Psychology Oncology

Psycho-Oncology at the Helen Diller Family Comprehensive Cancer Center includes psychologists and psychiatrists who care deeply about the emotional needs of patients and their families as they cope with cancer and treatment.

Website: <https://cancer.ucsf.edu/support/psycho-oncology/psycho-oncology>

Phone Number: 415-353-7019

Publications

American Cancer Society:

“Coping with Cancer” (also in Spanish)

Website: www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects.html

“Emotional, Mental Health, and Mood Changes”

Website: <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes.html>

Cancer.Net: “*Managing Emotions*”

Website: www.cancer.net/coping-with-cancer/managing-emotions

National Cancer Institute:

“Taking Time: Support for People with Cancer” (Also in Spanish)

Website: www.cancer.gov/publications/patient-education/taking-time

“Feelings and Cancer” (also in Spanish)

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

National Comprehensive Cancer Network:

“NCCN Guidelines for Patients: Distress”

Website: www.nccn.org/patients/guidelines/cancers.aspx#distress

Other Resources

UCSF Peer Support Program

One-on-one peer support from “someone who’s been there.”

Website: <http://cancer.ucsf.edu/support/crc/peer-support> Phone Number: 415-885-7210

Cancer Hope Network

One-on-one support for adults impacted by cancer

Website: www.cancerhopenetwork.org Phone Number: 877-467-3698

Psychology Today “Find a Therapist”

Search engine for therapists which can filter by insurance, location and other considerations. Website: <http://therapists.psychologytoday.com>