Patient Education Resources from UCSF Comprehensive Cancer Center

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 [www.cancer.ucsf.edu/crc](http://www.cancer.ucsf.edu/crc).

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](http://cancer.ucsf.edu/support/crc/patient-education-resources).

The Fishbon Library connects patients and families with trusted health information. [https://fishbon.ucsfmedicalcenter.org](https://fishbon.ucsfmedicalcenter.org)

Publications

**American Cancer Society:** “Coping with Cancer” (also in Spanish)

**California Prevention Institute of California:** “Living with Cancer” – A collection of observations and suggestions for families and friends. (Also in Spanish)
[www.cpic.org/cancer-information/community-education](http://www.cpic.org/cancer-information/community-education)

**Cancer.Net:** “Managing Emotions”

**National Cancer Institute:**
- “Taking Time: Support for People with Cancer” (Also in Spanish)
- “Feelings and Cancer” (also in Spanish)

**National Comprehensive Cancer Network:** “NCCN Guidelines for Patients: Distress”
[www.nccn.org/patients/guidelines/cancers.aspx#distress](http://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.”
[http://cancer.ucsf.edu/support/crc/peer-support](http://cancer.ucsf.edu/support/crc/peer-support)

**Cancer Hope Network**
One-on-one support for adults impacted by cancer

www.cancerhopenetwork.org 1-877-467-3698

Psychology Today “Find a Therapist”
Search engine for therapists which can filter by insurance, location and other considerations.
http://therapists.psychologytoday.com

This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available. Please contact paul.asfour@ucsf.edu with updates or corrections.