

Patient Education Resources from UCSF Comprehensive Cancer Center

UCSF Helen Diller Family
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.

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>

Publications

American Cancer Society: "Coping with Cancer" (also in Spanish)

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

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

Cancer.Net: "Managing Emotions"

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

National Cancer Institute:

- "Taking Time: Support for People with Cancer" (Also in Spanish)
www.cancer.gov/publications/patient-education/taking-time
- "Feelings and Cancer" (also in Spanish)
www.cancer.gov/about-cancer/coping/feelings

National Comprehensive Cancer Network: "NCCN Guidelines for Patients: Distress"

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

Other Resources

UCSF Peer Support Program

1-415-885-7210

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

<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>