

Emotional Wellness: Where to Learn More



Additional Resources

Don't go it alone. Emotional Wellness, like physical wellness, needs nurturing and care. There are bountiful resources to assist cancer survivors to be their emotional best. If you find yourself depressed, anxious and feeling overwhelmed with feelings you cannot handle, seek assistance right away. You don't need to be depressed or off the deep end to benefit from the resources listed below. We can all use a little help to thrive emotionally.

UCSF Psycho-Oncology 415-353-9973

Our psychologists and psychiatrists are specially trained to work with cancer patients, survivors and family caregivers. Services range from behavioral approaches to emotional wellness, behavioral pain and other symptom management, medications and more. We also have group programs teaching psychotherapeutic skills targeted to specific needs, such as insomnia, fatigue, stress, and anxiety. Open to UCSF cancer patients and survivors and covered by most insurance plans.

COMPASS: Acting Mindfully for a Valued Life. A 7 week group program based upon Acceptance and Commitment Therapy. Learn techniques that we discussed in today's class. Focus on moving toward what and who matters in your life. We offer this program twice per year. To enroll call 415-353-7019

Other Resources



Information and
Referral Helpline
(510) 420-7900

L I V E S T R O N G

Cancer Support 1-855-220-7777



CANCERcare®

1-888-793-9355
Cancer Support Helpline

1-800-813-HOPE
CancerCare.org

