

# 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 4<sup>th</sup> St., 1<sup>st</sup> Floor, Room M-1210.  
The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1<sup>st</sup> 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>

The **Fishbon Library** connects patients and families with trusted health information.  
<https://fishbon.ucsfmedicalcenter.org>

## Publications

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**American Cancer Society:** “Coping with Cancer” (also in Spanish)  
[www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects.html](http://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](http://www.cpic.org/cancer-information/community-education)

**Cancer.Net:** “Managing Emotions”  
[www.cancer.net/coping-with-cancer/managing-emotions](http://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](http://www.cancer.gov/publications/patient-education/taking-time)
- “Feelings and Cancer” (also in Spanish)  
[www.cancer.gov/about-cancer/coping/feelings](http://www.cancer.gov/about-cancer/coping/feelings)

**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

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### 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](http://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](mailto:paul.asfour@ucsf.edu) with updates or corrections.*