



# Help for People Facing Cancer, Survivors, and Caregivers

The American Cancer Society offers support in your community and online to help you during and after cancer treatment. Below are just some of the resources we provide. Visit **cancer.org** or call us at **1-800-227-2345** for more information.

## 24/7 cancer helpline

The American Cancer Society's cancer helpline provides 24/7 support when you're dealing with cancer, connecting you with trained cancer information specialists who can answer questions about your diagnosis and provide guidance and a compassionate ear. We will connect you with American Cancer Society programs and services and provide you with referrals to other national resources. Call us at **1-800-227-2345** or visit **cancer.org** to live chat with us. We can assist in English, Spanish, and more than 200 other languages via a translation service.

## A personalized support system

If you or someone you love has been diagnosed with cancer, deciding what's next can be overwhelming. The American Cancer Society can help through ACS CARES™ (Community Access to Resources, Education, and Support), a new patient navigation support program that connects people with quality curated information and one-on-one support. To learn more, **download the ACS CARES™ app** from Google Play or the App Store.

## Educational materials about cancer

Our materials can help you and your loved ones understand your diagnosis, treatment, and potential side effects, and provide detailed information on our programs and services. To request materials, call **1-800-227-2345** or visit **cancer.org** to live chat with a staff member.

## Rides to treatment

Our Road To Recovery® program eases your burden by providing free rides to cancer-related medical appointments. Trained volunteer drivers will pick you up, take you to your appointment, and bring you home after treatment – all at no charge. Visit **cancer.org/transportation** to learn more.

## Places to stay during treatment

Our Hope Lodge® communities are here for people facing cancer and their caregivers when cancer treatment takes them far from home. These communities provide comfortable guest suites with private baths, as well as inviting spaces with all the comforts of home – all at no cost to guests. To find a Hope Lodge community near your treatment, contact your doctor, social worker, or patient navigator, or visit **cancer.org/hopelodge**.

## Get peer support online

The Cancer Survivors Network® (CSN) is an online community for people facing cancer, survivors, and caregivers. CSN is available 24/7 for members who support one another, share their personal experiences, and offer practical tips for dealing with the side effects of cancer and its treatment. Visit **csn.cancer.org** to learn more or become a member.



## You don't have to face breast cancer alone

Through the Reach To Recovery® website and mobile app, people facing breast cancer can be matched with a trained volunteer who has experienced a similar type of breast cancer, stage, and treatment. Connect one-on-one with your volunteer match through online chat or a phone call at a time that is convenient for you. Visit [reach.cancer.org](https://reach.cancer.org) or download the **ACS Reach app** on Google Play or the App Store.

## Love your look, every day

Everyone's cancer journey is different, but everyone affected by cancer deserves to feel good about the way they look. That's why the "tlc" *Tender Loving Care*® program makes hard-to-find items like wigs, hats, and mastectomy bras easy to order from the comfort of your home. To learn more and order products, visit [tlcdirect.org](https://tlcdirect.org), or call **1-800-850-9445**.

## American Cancer Society books

We publish books that help patients and their caregivers when they are dealing with a cancer diagnosis and treatment. They range from patient education, quality of life, and caregiving issues to healthy living. Visit [cancer.org/bookstore](https://cancer.org/bookstore) to learn more; our books are also available through major book retailers.

## Survivorship guidelines and additional resources

We have materials and resources for survivors to help with quality-of-life and other needs during and after cancer treatment. Our cancer survivorship guidelines for specific cancers help doctors manage the unique needs of survivors, and our nutrition and physical activity guidelines help survivors know how to live their best life and reduce their risk for cancer coming back. Visit [cancer.org/survivorshipcenter](https://cancer.org/survivorshipcenter) for more information.

## Caregiver support resources

As part of our commitment to supporting family members and friends providing care to loved ones with cancer, the American Cancer Society developed the Caregiver Resource Guide ([cancer.org/caregiverguide](https://cancer.org/caregiverguide)). In addition to information about the caregiving process and what to expect with a cancer diagnosis and its treatment, this tool focuses on caregiver self-care,

communication, coping, and caregiver resources. Another helpful resource is our Caregiver Support Video Series ([cancer.org/caregivervideos](https://cancer.org/caregivervideos)), which provides educational support to caregivers as they assist with everyday needs of loved ones and provides self-care techniques to improve their own quality of life.

## Clinical trials

If you would like to learn more about clinical trials that might be right for you, start by asking your doctor if your clinic or hospital conducts clinical trials, or contact us at **1-800-227-2345** and speak with one of our caring, trained staff. You can also visit [cancer.org/clinicaltrials](https://cancer.org/clinicaltrials) for more information.

## cancer.org

Our website offers access to the most recent and accurate cancer information and helps you find programs and services in your area. A few pages of note are:

**cancer.org/survivors** – a hub for support and treatment topics, as well as treatment and survivorship tools

**cancer.org/treatmentvideos** – features educational videos on cancer-related topics, including cancer basics, cancer treatments, clinical trials, American Cancer Society programs and services, the effects of survivorship, personal stories, and more

**cancer.org/managingcare** – tools and resources to help you understand your diagnosis and make decisions about treatment

**cancer.org/support** – more information about the American Cancer Society and other programs and services in your area

**cancer.org/languages** – links non-English speakers to cancer information in other languages

**cancer.org/phm** – information and tracking worksheets to help you organize and navigate your cancer experience

**cancer.org/hopelodge** – find a Hope Lodge community near you

Live chat with our caring, trained staff simply by going to **cancer.org** and clicking on "Live Chat."



[cancer.org](https://cancer.org) | 1.800.227.2345

