

## Cancer Support Groups: Questions and Answers

People diagnosed with cancer and their families face many challenges that may leave them feeling overwhelmed, afraid, and alone. It can be difficult to cope with these challenges or to talk to even the most supportive family members and friends. Often, support groups can help people affected by cancer feel less alone and can improve their ability to deal with the uncertainties and challenges that cancer brings. Support groups give people who are affected by similar diseases an opportunity to meet and discuss ways to cope with the illness.

### 1. How can support groups help?

People who have been diagnosed with cancer sometimes find they need assistance coping with the emotional as well as the practical aspects of their disease. In fact, attention to the emotional burden of cancer is sometimes part of a patient's treatment plan. Cancer support groups are designed to provide a confidential atmosphere where cancer patients or cancer survivors can discuss the challenges that accompany the illness with others who may have experienced the same challenges. For example, people gather to discuss the emotional needs created by cancer, to exchange information about their disease—including practical problems such as managing side effects or returning to work after treatment—and to share their feelings. Support groups have helped thousands of people cope with these and similar situations.

### 2. Can family members and friends participate in support groups?

Family and friends are affected when cancer touches someone they love, and they may need help in dealing with stresses such as family disruptions, financial worries, and changing roles within relationships. To help meet these needs, some support groups are designed just for family members of people diagnosed with cancer; other groups encourage families and friends to participate along with the cancer patient or cancer survivor.

### 3. How can people find support groups?

Many organizations offer support groups for people diagnosed with cancer and their family members or friends. The NCI fact sheet *National Organizations That Offer Services to People With Cancer and Their Families* lists many cancer-concerned



organizations that can provide information about support groups. This fact sheet is available at <http://www.cancer.gov/cancertopics/factsheet/support/organizations> on the Internet, or can be ordered from the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237). Some of these organizations provide information on their Web sites about contacting support groups.

Doctors, nurses, or hospital social workers who work with cancer patients may also have information about support groups, such as their location, size, type, and how often they meet. Most hospitals have social services departments that provide information about cancer support programs. Additionally, many newspapers carry a special health supplement containing information about where to find support groups.

#### **4. What types of support groups are available?**

Several kinds of support groups are available to meet the individual needs of people at all stages of cancer treatment, from diagnosis through followup care. Some groups are general cancer support groups, while more specialized groups may be for teens or young adults, for family members, or for people affected by a particular disease. Support groups may be led by a professional, such as a psychiatrist, psychologist, or social worker, or by cancer patients or survivors. In addition, support groups can vary in approach, size, and how often they meet. Many groups are free, but some require a fee (people can contact their health insurance company to find out whether their plan will cover the cost). It is important for people to find an atmosphere that is comfortable and meets their individual needs.

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### **Sources of National Cancer Institute Information**

#### **Cancer Information Service**

Toll-free: 1-800-4-CANCER (1-800-422-6237)

TTY (for deaf and hard of hearing callers): 1-800-332-8615

#### **NCI Online**

##### ***Internet***

Use <http://cancer.gov> to reach the NCI's Web site.

##### ***LiveHelp***

Cancer Information Specialists offer online assistance through the *LiveHelp* link on the NCI's Web site.

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