



PATIENT RESOURCES

MENTAL HEALTH AND CANCER

MENTAL HEALTH RESOURCES

A cancer diagnosis can affect you and your family's mental health. It can lead to depression, distress, anxiety, and stress, in turn influencing your daily life. Below are a few resources that can help cope:

- ✔ [Emotional, Mental Health, and Mood Changes](#)
- ✔ [How to Cope With the Impact of Cancer on Your Mental Health](#)
- ✔ [Cancer and Mental Health](#)
- ✔ [Maintaining Good Mental Health when Coping With a Cancer Diagnosis](#)

Your mental health can greatly influence treatment outcomes. Therefore, it is vital that you understand and recognize these negative emotions and seek help. Help can come in many forms—whether it be therapy, support groups, or counseling—and can assist you through diagnosis, treatment, and beyond. Here are a few of these resources:

- ✔ [Behavioral health program at Cancer Treatment Centers of America® \(CTCA\)](#)
- ✔ [Counseling](#)
- ✔ [CancerCare.Org: Colorectal Cancer Patient Support Group](#)
- ✔ [Colontown](#)
- ✔ [Smart Patients Colorectal Cancer Support Group](#)
- ✔ [ACS Patient Programs and Services](#)

OSTOMY SUPPORT GROUPS

- ✔ [United Ostomy Associations of America](#): UOAA promotes quality of life for people with ostomies and continent diversions through information, support, advocacy, and collaboration
- ✔ [MePlusCommunity](#)

PSYCHOSOCIAL SUPPORT FOR YOUNG ADULTS

- ✔ [Colorectal Cancer Alliance - Never Too Young](#)
- ✔ [Stupid Cancer](#)
- ✔ [Teen Cancer America](#)

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