

Emotional support through breast cancer treatment



Emotional support and access to resources are crucial for patients following a cancer diagnosis. Connecting to support resources helps with increasing resilience and strength as you navigate your diagnosis and treatment. Having outlets for emotional support can help in reducing anxiety and depression, improving your quality of life and building a community. Engaging in emotional support resources offers patients a holistic foundation of care.

Resources

As a patient at Baptist MD Anderson Cancer Center, you have access to the following resources to help support you through your cancer experience:

- **Baptist Behavioral Health**

The psychologists at Baptist MD Anderson focus on oncology care and helping patients address the psychological, social, emotional and behavioral aspects of cancer. They recognize that cancer patients and their families face unique emotional and psychological challenges and aim to provide them with comprehensive care beyond the physical aspects of the disease.

How to connect: Ask your medical team to place a referral to Baptist MD Anderson Psychology or contact the behavioral health team directly at **904.376.3800** to request an appointment.

- **Social Services Department**

Oncology social work is a specialized area of social work that supports cancer patients and their families by addressing the emotional, social and practical challenges that arise throughout the cancer journey. Oncology social workers are integral members of the cancer care team who help patients navigate the complex world of cancer treatment, cope with emotional and psychological stress and access resources needed for their well-being.

How to connect: Ask your medical team to place a referral to Baptist MD Anderson Social Services or contact the social services department at **904.202.7315**.

- **Support Groups**

Cancer support groups provide a space where people affected by cancer – patients, survivors, caregivers, and loved ones – can share their experiences, emotions and practical advice in a supportive environment. These groups provide social, emotional and sometimes educational support, helping members navigate the cancer journey together.

How to connect: To see a complete list of support groups offered at Baptist MD Anderson, please visit **BaptistMDAnderson.com/Patients-And-Families/Support-Groups**.

If you are interested in registering for a support group or have additional questions you can contact the social services department at **904.202.7315** or through email at **BMDASupportGroup@bmcjax.com**.



• Spiritual Care

The spiritual care team is made up of chaplains who focus on addressing the spiritual and existential needs of cancer patients and their families throughout the cancer journey. This type of care acknowledges that a cancer diagnosis often brings profound questions about meaning, purpose, faith and mortality. Spiritual care providers work alongside the oncology care team to offer holistic, compassionate support tailored to each person's beliefs and values.

How to connect: To speak to a chaplain, ask your medical team to place a referral to the Spiritual Care team, call **904.202.4242**.



Additional resources

• Employee Assistance Program (EAP)

Employee Assistance Programs are provided by employers and generally offer free and confidential counseling services for employees.

How to Connect: Contact your HR to request information about these benefits.

• Behavioral Health Insurance Benefits

Many health insurance plans offer coverage for individual, couples and family counseling.

How to Connect: Contact your health insurance plan to receive a list of in-network providers.

• Peer Support Programs

Connect you one-on-one with a cancer survivor of the same diagnosis who has completed a similar treatment.

– American Cancer Society's Reach for Recovery

Reach.Cancer.org/p/p1

– After Breast Cancer Diagnosis (ABCD)

ABCDBreastCancerSupport.org/Get-Support

– Immerman Angels

ImmermanAngels.org

– 4th Angel

4thAngel.ccf.org

– Cancer Hope Network

CancerHopeNetwork.org/Patient-And-Caregiver-Support

• Online Support Groups

Offers the same benefits as in-person support groups but with the added convenience of being virtual.

– Living Beyond Breast Cancer

LBBC.org/About-Breast-Cancer/Emotional-Health/Online-Breast-Cancer-Support-Groups

– SHARE Cancer Support

ShareCancerSupport.org/Calendar/Educational-Programs-Support-Groups/#Breast-SG

– CancerCare

CancerCare.org/Support_Groups/Tagged/Breast_Cancer

– Young Survival Coalition

YoungSurvival.org/Virtual-Hangouts

– BreastCancer.org

BreastCancer.org/Community/Virtual-Meetups

– Surviving Breast Cancer

SurvivingBreastCancer.org/Thursday-Night-Thrivers-Meetup

– Triple Negative Breast Cancer Foundation

TNBCFoundation.org

