

# Emotional support through prostate 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. Access to emotional support can help reduce anxiety and depression, improve your quality of life and assist you as you build a community for yourself. Utilizing these resources provides patients with a comprehensive foundation of care.

## Baptist MD Anderson Cancer Center resources

As a patient at Baptist MD Anderson, 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's psychology team or contact the behavioral health team directly at **904.376.3800** to request an appointment.

### • Social Services

Oncology social work is a specialized field that provides support to cancer patients and their families by addressing the emotional, social and practical challenges encountered during the cancer journey. Oncology social workers are vital members of the cancer care team, assisting patients in navigating the complexities of cancer treatment, managing emotional and psychological stress and accessing necessary resources for their well-being.

**How to connect:** Ask your medical team to place a referral to Baptist MD Anderson's social services team 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-Group** or scan the QR code.



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

Our chaplains provide spiritual care for cancer patients and their families, addressing questions of meaning, purpose, faith and mortality throughout the cancer journey. They work with the oncology team to offer compassionate support in line with 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 or visit the chapel on the 2nd floor.

## Additional resources

- **Employee Assistance Program (EAP)**

Services offered by an employer that typically offer free and confidential counseling for employees.

**How to Connect:** Contact your HR to request access to these benefits to be started.

- **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 on in-network providers to connect with.

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## Community resources

Local groups organized within communities to provide emotional, social, and practical support to cancer patients, survivors, caregivers, and family members.

- **Support groups**

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

- **Prostate Cancer Foundation**

[PCF.org/Patient-Resources/Patient-Navigation/Support-Groups](http://PCF.org/Patient-Resources/Patient-Navigation/Support-Groups)

- **Zero Cancer**

[ZeroCancer.org/Help-And-Support/Support-Groups](http://ZeroCancer.org/Help-And-Support/Support-Groups)

- **Fans for the Cure**

[FansForTheCure.org/Online-Mens-Support-Group](http://FansForTheCure.org/Online-Mens-Support-Group)

- **Male Care**

[MaleCare.org/Support-Groups-Help-Men](http://MaleCare.org/Support-Groups-Help-Men)

- **myCancerConnection**

[MDAnderson.org/Patients-Family/Diagnosis-Treatment/Patient-Support/myCancerConnection](http://MDAnderson.org/Patients-Family/Diagnosis-Treatment/Patient-Support/myCancerConnection)

- **Peer support programs**

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

- **Zero Cancer**

[ZeroCancer.org/Help-And-Support/Mentors](http://ZeroCancer.org/Help-And-Support/Mentors)

- **Imerman Angels**

[ImermanAngels.org](http://ImermanAngels.org)

- **4th Angel**

[4thAngel.CCF.org](http://4thAngel.CCF.org)

- **Cancer Hope Network**

[CancerHopeNetwork.org/Patient-And-Caregiver-Support](http://CancerHopeNetwork.org/Patient-And-Caregiver-Support)

