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## **[Finding Support and Information](#) [1]**

After a diagnosis of cancer, it is important to find credible information and seek support.

## **[Counseling](#) [2]**

Counseling is designed to help people respond to challenges and the associated emotions in healthy ways. Counselors cannot always solve problems, but they provide a safe environment for people with cancer to talk about their concerns. Because counselors are removed from the situation, they provide a helpful, outside perspective.

## **[Support Groups](#) [3]**

Support groups can help many people cope with the emotional aspects of cancer by providing a place to share experiences and learn from others who are living with cancer.

## **[Finding a Support Buddy](#) [5]**

Learn about organizations that offer “buddy programs” where you can be matched with a survivor of the same type of cancer to get one-on-one support throughout your cancer treatment.

## **Online Communities for Support [6]**

For many people with cancer, connecting with others provides emotional support and inspiration during this challenging time. What might help is to join an online community where you can connect with others. Joining an online community also makes it easier to keep friends and family updated on your situation.

## **Telephone and E-mail Cancer Helplines [7]**

When you need assistance or advice on cancer-related topics, many organizations will offer their expertise at no charge. The following list includes some of the telephone and e-mail helpline services answered by oncology health professionals, trained counselors, or volunteers. The services offer general medical information; for specific medical questions, you should always talk with your doctor or another member of your health-care team.

## **Wish Fulfillment Organizations for People With Cancer [8]**

Wish fulfillment organizations offer children and adults with a chronic or advanced condition, such as cancer, the chance to take a break from the challenging experience by allowing them to have their wishes and dreams come true. Such dreams—big or small—may include taking a family vacation, attending an event, purchasing a desired item, or meeting someone special. Whatever the wish, wish fulfillment organizations aim to help people with advanced illness enrich the quality of their lives and create meaningful memories.

## **General Cancer Groups [9]**

A list of general cancer resources and organizations that may be helpful in finding additional information, services, and support.

## **Cancer-Specific Resources [10]**

National organizations that offer support to people with cancer and their families.

## **Finding Information and Support Resources for Rare Cancers [11]**

If you are a person living with a rare cancer, or a parent of a child with a rare cancer, this article will provide tips and resources to help you obtain information about your specific diagnosis and treatment options.

## **Government Agencies [12]**

Government agencies that oversee the approval of drugs and treatments and license hospitals and medical professionals to practice. Use this section to research treatments, health-care guidelines, and Food and Drug Administration (FDA) approval for medications.

## **International Patient Information [13]**

Links to cancer information websites from other countries. Many provide information in languages other than English.

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### **Links**

[1] <http://www.cancer.net/coping-with-cancer/finding-support-and-information>

[2] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/counseling>

[3] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/support-groups>

[4] <http://www.cancer.net/es/asimilaci%C3%B3n-con-c%C3%A1ncer/grupos-de-apoyo>

[5] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/finding-support-buddy>

[6] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/online-communities-support>

[7]

<http://www.cancer.net/coping-with-cancer/finding-support-and-information/telephone-and-e-mail-cancer-helplines>

[8]

<http://www.cancer.net/coping-with-cancer/finding-support-and-information/wish-fulfillment-organizations-people-with-cancer>

[9] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/general-cancer-groups>

[10] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/cancer-specific-resources>

[11]

<http://www.cancer.net/coping-with-cancer/finding-support-and-information/finding-information-and-support-resources-rare-cancers>

[12] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/government-agencies>

[13] <http://www.cancer.net/coping-with-cancer/finding-support-and-information/international-patient-information>