



Mental and Emotional Health

- **CancerCare Post Treatment Survivorship Support Group:** Connect with others in our **free, 15-week online support group** for people who have **completed their cancer treatment within the past 18 months**. In this group **led by an oncology social worker**, people can share their personal experiences, ways of coping and helpful resources
- **Livestrong Finding a Counselor Tool**
- **Psychology Today Cancer Therapist Search Engine** (read descriptions carefully)
- Join an **online community** or join **iaya!**
- Some young adults find apps like **HeadSpace**, **Sanvello**, and **Insight Timer** helpful when they are feeling stressed, anxious, or are having trouble sleeping.
- Various national young adult organizations provide resources and programming focused on wellness, coping, and connections with other YAs
 - Check out: **Cactus Cancer Society** (formerly Lacuna Loft), **Elephants & Tea**, **Dear Jack Foundation**, and **First Descents**

Communication, Disclosure, & Relationships (including work/school)

- **Cancer & Careers** (free career coaching and resume review service)
- **Triage Cancer**
- **Samfund Webinars** on cancer & school/workplace
- **Semester Off Program** (ages 17-25)
- **Managing social relationships after cancer**
- Things to consider with disclosure in any relationship:
 - When and how much to share
 - Social media presence
 - Set boundaries
 - Ask for help or accommodations as needed
 - Addressing comments from others
 - Elevator speech – practice!
 - Back-pocket phrases
 - Identify trusted people (e.g. guidance counselors, teachers, co-workers, managers, peers)
 - Shift in identity: Who am I now?



Managing Long-Term Side Effects

- **DFCI Zakim Center for Integrative Therapies & Healthy Living:** Check out their program calendar for group classes, pre-recorded classes, and opportunities for individual services.
- **Memorial Sloan-Kettering Integrative Medicine:** Information about herbs, supplements, and other products to help manage side effects. **(Always consult with your medical team for approval before taking any new medications or supplements)**
- DFCI Psychologist and sleep specialist, Dr. Eric Zhou: Learn more [here](#). Call 617-632-5124 to make an appointment.

Sexual Health & Intimacy

- **Dana-Farber Sexual Health Program for Cancer Patients and Survivors:** Call 617-632-4523 or email sexualhealthprogram@dfci.harvard.edu
- **Sex and Cancer: What Young Adult Patients Should Know**
- **Sexual Health information for cancer survivors**
- **Livestrong: Male Sexual Health After Cancer**
- **Livestrong: Female Sexual Health After Cancer**

Living with Uncertainty and Managing Fear of Recurrence

- Recognize and identify what is in your control vs. out of your control
 - The **Worry Decision Tree** can be a helpful tool
- **Livestrong: Living with Uncertainty**
- **Livestrong Finding a Counselor Tool**
- **Psychology Today Cancer Therapist Search Engine** (read descriptions carefully)
- Some examples of ways other young adults have coped with cancer anxiety and stress:
 - Social support
 - Music
 - Exercise
 - Massage
 - Cooking
 - Art (painting, photography)
 - Games and puzzles
 - Virtual meetings
 - Pets
 - Humor
 - Spirituality
 - Gardening
 - Having fun/pleasure (watching movies, reading)
 - Writing/journaling
 - Breathing exercises/meditation
 - Nature