The purpose of this guide is to help you find information and support on what to do after a cancer diagnosis. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- American Cancer Society. Distress in People with Cancer.

Books


Audiovisual Resources

Web Resources

- **American Cancer Society**
  [http://www.cancer.org](http://www.cancer.org)
  This large site has detailed summaries of specific cancers, and information about living with cancer, making decisions, and coping with side effects and practical issues.

- **American Society of Clinical Oncology’s Cancer.Net**
  [http://www.cancer.net](http://www.cancer.net)
  Cancer.net has research news, treatment guidelines, and online discussions with oncologists.

- **CancerCare**
  [http://www.cancercare.org](http://www.cancercare.org)
  This organization provides free professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. Programs include counseling, education, financial assistance, and practical help.

- **Cancer Support Community**
  This organization offers support groups, lectures, workshops, and social events for people affected by cancer, including patients, family members, and friends. The website enables users to get support and participate in programs online. Use the national website to locate local chapters.

- **National Cancer Institute (NCI)**
  This site contains peer-reviewed summaries on treatment of adult and childhood cancer types, and supportive care topics. Oncology specialists update the statements monthly. The site also has a database of cancer clinical trials.

- **National Coalition for Cancer Survivorship – The Cancer Survival Toolbox**
  The award-winning Cancer Survival Toolbox is a free program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of cancer. The program contains a set of basic skills to help navigate a diagnosis and special topics on other issues faced by people with cancer.
University of Michigan Resources

- University of Michigan Rogel Cancer Center At Diagnosis web page
  http://www.mcancer.org/support/diagnosis
  This page provides links to services that are available to you at the time of diagnosis. These services are here to help you better understand your cancer, help with treatment decisions, and to help you cope with changes to your personal life. Links to amenities and maps of Michigan Medicine are also available here.