

## **Emotional Support**

A diagnosis of prostate cancer can be stressful for both the patient and his loved ones. It is perfectly normal to experience some level of stress and anxiety at some point in your cancer journey. Dealing with these feelings and the changes that come with cancer can cause you to feel lonely, even when you have a supportive and caring network.

There are several types of support, including support groups and individual and family counseling. When seeking support, find what works for you and will help you on your individual journey through and beyond a diagnosis of prostate cancer.

### **Prostate Cancer-Specific Emotional Support**

#### **Malecare**

[www.malecare.org](http://www.malecare.org)

212-673-4920

Malecare, Inc. develops practical, life-enhancing men's health programs. In 1998, they became the world's first men's cancer survivor organization to focus on gay and bisexual men's survivorship. They offer several online support groups for men with prostate cancer.

#### **Us TOO International**

[www.ustoo.org](http://www.ustoo.org)

800-80-USTOO (808-7866)

Us TOO provides support and education through a network of over 300 support groups. The meetings are face-to-face and give men and their families an opportunity to find peer-to-peer support. They also provide support group meetings that are held by phone.

### **General Cancer Emotional Support**

American Cancer Society

[www.cancer.org](http://www.cancer.org)

800-227-2345

The American Cancer Society has programs and services to help people with cancer and their loved ones understand cancer, manage their lives through treatment and recovery, and find emotional support. Services are free and include individual locations, a cancer support network, patient lodging programs, and patient navigation.

Association of Oncology Social Work

[www.aosw.org](http://www.aosw.org)

847-480-6343

AOSW is dedicated to the enhancement of psychological services to people with cancer and their families. They are the premiere group for oncology social workers.

CancerCare

[www.cancercare.org](http://www.cancercare.org)

800-813-HOPE (4673)

CancerCare provides free support services and information to help manage the emotional, practical, and financial challenges of cancer. All support services are provided by professional oncology social workers. Services include counseling (phone), support groups, educational materials, and co-pay assistance.

Cancer Support Community

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

888-793-9355

Cancer Support Community provides free emotional support and education for all people impacted by cancer. At the national level, resources include a toll-free support line and patient education materials. At the local level, resources include face-to-face support groups, networking groups, and social activities, all free of charge. Services include counseling services (phone), support groups (online), educational materials, and an affiliate network throughout the U.S.

Imerman Angels

[www.imermanangels.org](http://www.imermanangels.org)

866-IMERMAN (463-7626)

Imerman Angels is an organization that provides peer-to-peer support services by matching people seeking cancer support with "Mentor Angels" who have faced the same type of cancer, either as patients or caregivers. Services are free and available to anyone impacted by any type of cancer.

LIVESTRONG Foundation

[www.livestrong.org](http://www.livestrong.org)

855-220-7777

LIVESTRONG helps survivors face the challenges and changes that come with cancer. In addition to education and support materials, their navigation center provides one-one support services to anyone with cancer. Services include educational resources and networking and navigation services.

CancerIntimacyHelp.com

[www.cancerintimacyhelp.com](http://www.cancerintimacyhelp.com)

805-699-5504

Michael Russer is a fully impotent prostate cancer survivor and Jacqueline Lopez is his partner. They are international speakers, authors and radio hosts whose primary mission is to help cancer survivors and their partners achieve extraordinary levels of emotional and sexual intimacy in the face of their cancer.

Michael and Jacqueline understand the challenges of maintaining a mutually fulfilling relationship in the face of cancer. Their mission is to assist cancer survivors and their partners around the world achieve these same levels of intimate fulfillment regardless of the circumstances of their disease. They are totally dedicated to your healing and achieving the relationship fulfillment you want and deserve.