



# Quick Guide to American Cancer Society Resources

The **American Cancer Society (ACS)** offers support in your community and online at every step of your cancer journey. Below are just some of the resources we provide. Visit [cancer.org](http://cancer.org) or call us at **1-800-227-2345** for more information.

## 24/7 CANCER HELPLINE

The **American Cancer Society helpline** provides 24/7 support by connecting you with trained cancer information specialists who can provide guidance and help find answers through phone, video calls, and online live chat.

- **Cancer information specialists:** Our trained staff are available to provide guidance and help find answers through phone, video calls, and online live chat. Assistance in English, Spanish, and 200 other languages via translation service.
- **Nurse support:** Oncology and pediatric oncology nurses are available to assist you with more medically complex questions.
- **Health Insurance Assistance Service:** Our trained specialists can help with questions about your options and rights relating to health insurance and coverage.



Scan for more information and to access live chat through the ACS cancer helpline.



## CANCER.ORG

Our website is a highly trusted source of accurate, evidence-based cancer information for people facing cancer, their families, and their caregivers.

### Survivorship: During and After Treatment

Support and treatment topics, survivorship tools, and stories of hope



### Understanding Your Diagnosis

Tools to help answer questions about cancer and making treatment decisions



### ACS Programs and Services

Provides information about resources available to patients and caregivers



### Caregivers and Family

Information to help caregivers care for patients and themselves throughout the cancer journey



### Road To Recovery – Free Rides to Treatment For Cancer Patients

One of the biggest roadblocks for people needing cancer treatment can be the lack of transportation. That’s why the American Cancer Society Road To Recovery® program provides free rides to treatment through volunteer drivers.

- Trained volunteer drivers donate their time to help people with cancer get to the treatments they need.
- Transportation is provided based on volunteer availability and capacity.

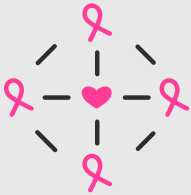


## PERSONAL HEALTH MANAGER

It can be hard to keep track of all the information you receive about your diagnosis and treatment, but keeping this information organized can help you feel less stressed and more prepared to talk with your doctor. The ACS Personal Health Manager can help. Your Personal Health Manager content can be printed and kept in a 3-ring binder to take along to your appointments. Using tabbed dividers to separate each section will make it easier for you to find what you need.



## Breast Cancer Support



If you have breast cancer, you may want to connect with someone who knows what you're feeling – someone who has “been there.” The American Cancer Society Reach To Recovery® program connects people facing breast cancer with trained volunteers who are breast cancer survivors. Our volunteers provide one-on-one support to help those facing breast cancer cope with diagnosis, treatment, side effects, finding ways to talk with friends and family, and more. The program is available in English and Spanish.



## Cancer Survivors Network



Our Cancer Survivors Network (CSN) is a free online community where survivors and caregivers share their stories, ask questions, and get support from each other. With a chat room and more than 40 discussion boards, CSN allows you to connect with others who have a similar cancer experience. You can send private messages to other members, build your own support network, post blogs, and more.



## Caregiver Support



Our ACS Caregiver Resource Guide provides information for people who are caring for someone with cancer. It can help you better understand what your loved one is going through, develop skills for coping and caring, learn how to care for yourself as a caregiver, and take steps to help protect your health and well-being.



## Hair-loss And Mastectomy Products



Cancer and cancer treatment can have profound effects, including some that can alter a patient's appearance, such as hair loss. The American Cancer Society “tlc” Tender Loving Care® program helps women with appearance-related side effects by offering them a variety of affordable wigs, hats, and scarves as well as a full range of mastectomy products that can be purchased from the privacy of home.

