

# Reaching Out for Support

➤ Part of taking an active role in your care is getting the support you need. Social support can help people adjust to living with cancer.

*Use this worksheet to help you ask others for support when you need it.*

## Who's on Your Support Team?

Often, **your family and friends want to help**, but they might not be sure how. When you ask for help, try to be specific with what you need. Remember to think about the right person for each job. Who can make you laugh? Who could cook a delicious meal? Who is a great listener?

*Write down the names of a few people who can support you and what type of help you could ask them for.*

Who can give me support?	What kind of support can they provide?

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### Reach Further With Support Groups

It can also be helpful to talk to others who have shared a similar experience. Support groups that meet in person or online can be helpful resources, but make sure that the group is run by a trustworthy person or organization.

**Remember, don't take medical advice from anyone who is not your doctor.**

These organizations may be able to help you connect with a support group in your area. You can also ask your doctor for ideas about which support group is right for you.

American Cancer Society

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

Cancer Care

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

Cancer Support Community

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

Leukemia & Lymphoma Society

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

Lymphoma Research Foundation

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

International Waldenström's

Macroglobulinemia Foundation

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

CLL Society

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