Support Resources

for CANCER PATIENTS and THEIR CAREGIVERS
DURING and AFTER TREATMENT
Fighting cancer is hard. Finding reliable resources should not be.

Many people need help getting to doctor visits, paying bills and caring for their family. Some want to speak with someone who has already been through the experience, or learn how to eat healthy and stay active. And others may be struggling with the emotional and financial challenges a cancer diagnosis can bring. We are proud to present Support Resources for Cancer Patients and their Caregivers: During and After Treatment.

This guide combines the knowledge of UNC medical experts with the personal experience of cancer survivors right here in North Carolina. We created this tool with advice from survivors, advocates, physicians, pharmacists, nurse navigators, social workers and health educators. Most of the resources are provided free of charge.

The UNC Mary Anne Long Patient and Family Resource Center is located on the ground level of the NC Cancer Hospital, the clinical home of UNC Lineberger Comprehensive Cancer Center. Many services are available to address the challenges of facing a cancer diagnosis. Nurse Navigators and Lay Patient Navigators are also available within the outpatient and inpatient units at no additional cost. Our team works together to ensure your experience before, during and your cancer journey is as smooth as possible.

We hope this resource will be useful to you and your loved ones every step of the way.

Sincerely,
Your UNC Cancer Care Team
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* Indicates resources are available in Spanish.
Being in this guide does not mean the UNC Lineberger Comprehensive Cancer Center or UNC Cancer Care endorses the program or services listed.
GENERAL CANCER INFORMATION

These groups offer a wide range of information about cancer. This includes education, support, coping with treatment and more.

American Cancer Society (ACS)*
A nationwide, community-based health organization dedicated to preventing cancer, saving lives and diminishing the suffering from cancer.

 800-227-2345
 cancer.org

CancerCare*
Provides free professional support services to people whose lives are affected by cancer. They offer individual and group counseling, online and telephone support groups, financial assistance and teleconferences.

 800-813-4673
 cancercare.org

Cancer.net*
Provides information about cancer treatment, clinical trials, coping, and side effects as well as a “find an oncologist” database and online message boards.

 888-651-3038
 cancer.net

Cancer Support Community
Information on living with cancer, whether you are newly diagnosed, a survivor, or a family member or friend of someone who is living with cancer.

 888-793-9355
 cancersupportcommunity.org

Chemocare.com*
Drug information, side effect management, and other practical tools.

 chemocare.com

MedlinePlus*
Information from NIH in easy to understand language.

 888-346-3656
 medlineplus.gov

National Cancer Institute (NCI)
The nation’s trusted source for cancer information. Offers information on how to find quality care and education material (online or mailed to your home at no charge).

 800-422-6237
 cancer.gov/cancertopics/types/commoncancers

National Comprehensive Cancer Network (NCCN)*
Resources to help you better communicate with your physician and health care team.

 nccn.org/patients/guidelines/cancers.aspx

North Carolina Health Info, Cancer*
Ask librarians health-related questions (managed by the Health Sciences Library at UNC–Chapel Hill).

 nchealthinfo.org/health-topics/cancer

UNC Cancer Network
Free, monthly lectures about cancer-related topics.

 unclineberger.org/unccn/patient-and-family-education

UNC Mary Anne Long Patient and Family Resource Center
Offers a library, business center, boutique for head coverings, relaxation rooms, patient & family education and referrals to hospital and community resources and support.

 984-974-8100
 unclineberger.org/patientcare/support/ccsp/programs_services/pfrc
CANCER SPECIFIC INFORMATION

The groups below focus on certain types of cancer. It usually depends on where your cancer begins. They may offer information about special treatments, research, and programs in your community.

BRAIN CANCER

American Brain Tumor Association (ABTA)
Offers brain tumor information and support.
 800-886-2282
 abta.org

National Brain Tumor Society
Information, support and counseling for brain tumor patients and their families.
 800-770-8287
 braintumor.org

BREAST CANCER

Breastcancer.org
Nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.
 610-642-6550
 breastcancer.org

FORCE (Facing Our Risk of Cancer Empowered)
Dedicated to improving the lives of individuals and families affected by hereditary breast, ovarian, and related cancers.
 facingourrisk.org

The Hope Chest for Women
Support, resources, and financial assistance for women with breast and gynecologic cancers in western North Carolina.
 828-708-3017
 hopechestforwomen.org

Living Beyond Breast Cancer
Dedicated to empowering all affected by this disease.
 855-807-6386
 lbcc.org/node/1578

National Breast Cancer Coalition
Advocacy and educational coalition for breast cancer that takes action.
 800-622-2838
 breastcancerdeadline2020.org

National Breast Cancer Foundation
News, links, education and help for the underserved.
 nationalbreastcancer.org
North Carolina Breast and Cervical Cancer Program
Provides free or low-cost breast and cervical cancer screenings to eligible women in North Carolina.
 919-707-5300
 bcccp.ncdhhs.gov

Pretty in Pink Foundation
 919-532-0532
 prettyinpinkfoundation.org

SHARE*
Educational programs, telephone support, and advocacy activities for women facing breast and ovarian cancer.
 844-275-7427
 www.sharecancersupport.org

Sisters Network, Inc.
Committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.
 866-781-1808
 sistersnetworkinc.org

Sisters Network Triangle NC
Supporting underserved African American communities in the Triangle. Monthly support group meetings available.
 919-490-1571
 sisterstriangle.org

SNI Young Sisters Network
Breast cancer support for the African American population who are under 45 years old.
 sistersnetworkinc.org

Susan G. Komen for the Cure®*
Offers a toll free helpline and online breast cancer information.
 877-465-6636
 komen.org

Triple Negative Breast Cancer* Foundation
Dedicated to providing credible information and research for patients living with triple negative breast cancer.
 877-880-8622
 tnbcfoundation.org

YSC (Young Survival Coalition)
Support for young women (18-40) with breast cancer, including downloadable forms.
 877-972-1011
 youngsurvival.org
METASTATIC BREAST CANCER
Metastatic means the cancer has spread to other parts of your body

Advanced Breast Cancer Community
Support for patients and caregivers as well as tools to assist in understanding advanced breast cancer.

BCMets.org
World’s largest online support group for metastatic breast cancer.

Brain Mets Breast Cancer
Website offers patients with metastatic breast cancer and their families a place to learn about brain metastases from a patient perspective.

Living Beyond Breast Cancer*
Dedicated to empowering all affected by this disease. Includes a newsletter, transcripts and an email list.

Metastatic Breast Cancer Network
Produces and offers a wide variety of up to date information and resources for people dealing with MBC.

MBCinfocenter
For patients with metastatic breast cancer and their caregivers.

Metavivor
Dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer.

Story Half Told
An initiative to spotlight the misperceptions that surround metastatic breast cancer and focus on supporting women living with this disease.

Susan G. Komen for the Cure®
Special section for living with metastatic breast cancer.
American Cancer Society
Offers information and resources about colorectal cancer.
\[\text{cancer.org/cancer/colon-rectal-cancer.html}\]

Colorectal Cancer Alliance*
Provides information, and a network for patients with a genetic predisposition to the disease.
\[\text{877-422-2030} \quad \text{ccalliance.org}\]

Colorectal Cancer Alliance Blue Hope Financial Assistance Program*
Financial assistance to cover treatment expenses.
\[\text{877-422-2030} \quad \text{ccalliance.org/get-support/screening}\]

Colonoscopy Assist
\[\text{847-986-8999} \quad \text{cheapcolonoscopy.com}\]

Fight Colorectal Cancer
\[\text{877-427-2111} \quad \text{fightcolorectalcancer.org}\]

My Colon Cancer Coach
Learn more about your personal treatment options and hear from other patients and advocates.

No Stomach for Cancer
Raising awareness, advancing education and supporting individuals affected by all forms of stomach cancer.
\[\text{608-692-5141} \quad \text{nostomachforcancer.org}\]

Pancreatic Cancer Action Network*
\[\text{877-272-6226} \quad \text{pancan.org}\]

Stop Colon Cancer Now
Free screening colonoscopies for those who qualify.
\[\text{stopcoloncancernow.com}\]

United Ostomy Associations of America (UOAA)
National network of ostomy support groups. They offer listings of local support groups, online discussion, chat rooms and a magazine.
\[\text{800-826-0826} \quad \text{ostomy.org}\]
American Bladder Cancer Society*
Provides online chat support and information for bladder cancer patients and their families. The website also includes links to blogs of patients and families with bladder cancer.

📞 413-684-4240
🌐 bladdercancersupport.org

Bladder Cancer Advocacy Network (BCAN)
Provides bladder cancer information, clinical trial listings, a quarterly online newsletter, and a weekly online chat room where survivors share their experiences.

📞 888-901-2226
🌐 bcan.org

Kidney Cancer Association
International charity dedicated specifically to ending death and suffering from renal cancers.

📞 800-850-9132
🌐 kidneycancer.org

National Cancer Institute: Penile Cancer

📞 800-4-CANCER
🌐 cancer.gov/types/penile

North Carolina Region National Kidney Foundation
Information and education about awareness, prevention and treatment of kidney disease.

📞 800-622-9010
🌐 kidneync.org

Prostate Cancer Foundation

📞 800-757-2873
🌐 prostatecancerfoundation.org

Prostate Cancer Coalition of North Carolina

📞 919-703-5345
🌐 pccnc.org

TC-Cancer.com
Offers testicular cancer information and a support forum.

🌐 tc-cancer.com

Testicular Cancer Foundation
Provides education and support to young adult males to raise awareness about testicular cancer.

📞 855-390-8231
🌐 testicularcancer.org
Testicular Cancer Resource Center

Provides information about all aspects of testicular cancer, including treatment, side effects, fertility and survivorship. This site also hosts an email support group.

acor.org

Triangle Bladder Cancer Support Group

Monthly support group that provides support, education and outreach for those touched by bladder cancer: survivors, caregivers and friends. Serves the Triangle area of North Carolina.

919-943-0589
trianglebcs.org

United Ostomy Associations of America (UOAA)

National Network of ostomy support groups.

800-826-0826
ostomy.org

Urology Care Foundation*

Provides educational materials and programs.

urologyhealth.org

Us TOO International

Prostate cancer education and support network that offers peer-to-peer support and educational materials to help caregivers make informed decisions about prostate cancer.

800-808-7866
ustoo.org
GYNECOLOGIC CANCER
Cervical, Ovarian, and Uterine

FORCE (Facing Our Risk of Cancer Empowered)
FORCE is dedicated to improving the lives of individuals and families affected by hereditary breast, ovarian, and related cancers.

facingourrisk.org

Foundation for Women’s Cancer
Offers comprehensive information by cancer type.

foundationforwomenscancer.org

National Cervical Cancer Coalition
Dedicated to providing education for women who are at risk for HPV and cervical cancer.

nccc-online.org

North Carolina Breast and Cervical Cancer Program
Provides free or low-cost breast and cervical cancer screenings and follow-ups to eligible women in North Carolina.

919-707-5300
bccp.ncdhhs.gov

National Ovarian Cancer Coalition (NOCC)*
Support for women with ovarian cancer or metastatic ovarian cancer.

888-682-7426
ovarian.org

Ovarian Cancer National Alliance
Advocacy organization for women with ovarian cancer.

866-399-6262
ovariancancer.org

Ovarian Cancer Research Fund*
Advancing ovarian cancer research while supporting women and their families.

800-873-9569
ocrf.org

SHARE*
Educational programs, telephone support, and advocacy activities for women facing breast and ovarian cancer.

844-275-7427
sharecancersupport.org

HEAD, NECK, ORAL, AND THYROID CANCERS

Head and Neck Cancer Alliance
headandneck.org

International Association of Laryngectomees (IAL)
866-425-3678
theial.com

Oral Cancer Foundation
949-723-4400
oralcancerfoundation.org

Support for People with Oral and Head and Neck Cancer (SPOHNC)
800-377-0928
spohnc.org

ThyCa: Thyroid Cancer Survivors’ Association*
877-588-7904
thyca.org
LEUKEMIA, LYMPHOMA, AND MYELOMA

Apastic Anemia and MDS International Foundation
This organization provides information and online peer support to those with myelodysplastic syndromes (MDS) and bone marrow disease.

800-747-2820
aamds.org

Be the Match – National Marrow Donor Program*
800-627-7692
bethematch.org

Blood & Marrow Transplant Information Network
888-597-7674
bmtinfonet.org

Cutaneous Lymphoma Foundation*
Promotes awareness, education, patient care, and research. It also provides educational forum, online support groups and a listserv.

248-644-9014
cifoundation.org

International Waldenstrom’s Macroglobulinemia Foundation
Provides information, resources, a communication network, encouragement, and experience on how to live for those affected by this disease.

941-927-4963
iwmf.com

Leukemia and Lymphoma Society (LLS)*
Helping patients through support groups, education, a toll-free phone service and financial assistance.

800-955-4572
www.lls.org

Multiple Myeloma Research Foundation
Education, research and resources for patients.

203-229-0464
themmrf.org

International Myeloma Foundation*
IMF provides treatment information through a toll-free hotline, packets, seminars, conferences and a newsletter.

800-452-2873
myeloma.org/main.action
MELANOMA
Skin

Melanoma International Foundation*
This foundation works to create effective melanoma prevention and treatment programs. They offer information about melanoma and a toll free patient hotline.

📞 866-463-6663
🌐 melanomaintl.org

Melanoma Research Foundation
Offers education about the latest research for melanoma.

📞 800-673-1290
🌐 melanoma.org

Miles Against Melanoma
Offers patient financial assistance.

🌐 milesagainstmelanoma.com/family-assistance-program

THORACIC CANCER
Lung and Chest

Free to Breathe
🌐 freetobreathe.org

Live Lung and Prosper
🌐 livelung.org

Lung Cancer Alliance
🌐 lungcanceralliance.org

Lung Cancer Initiative of North Carolina
📞 919-784-0410
🌐 lungcancerinitiativenc.org
CANCER IN THE WORKPLACE

Many cancer patients have questions about working and their health. This list has tools and tips to help you manage.

American Cancer Society*
Information on whether you’re planning on continuing to work during cancer treatment or returning to work once your treatment is complete.

 800-227-2345

Cancer & Careers*
Empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

 646-929-8031
 cancerandcareers.org

CancerCare, Workplace Issues*
Experts answer questions about workplace issues and other cancer related questions.

 cancercare.org/questions/tagged/workplace_issues

Job Accommodation Network*

 800-526-7234
 askjan.org

Tools & Resources for Managing Cancer in the Workplace
Tools to help patients as well as employers/co-workers and healthcare professionals navigate breast cancer in the workplace.

 pfizer.com/files/news/bc_workplace%20resources%20one-oager.pdf

Workplace Transitions
Information and resources for employees touched by cancer.

 journeyforward.org/sites/journeyforward/files/workplace-transitions_for-employees.pdf
CANCER WELLNESS & PHYSICAL ACTIVITY

These programs offer different ways to stay active for people with cancer and their loved ones.

GENERAL

American Cancer Society
Tips on how to get active and be healthy after treatment.
📞 800-227-2345
🌐 cancer.org

American Institute for Cancer Research
Provides physical activity and weight management tips.
📞 800-843-8114
🌐 aicr.org

American Society of Clinical Oncology*
Suggestions and tips for physical activity.
📞 888-651-3038
🌐 asco.org

ADVENTURE PROGRAMS

Epic Experience
Adventure camps for adult cancer thrivers to ski, paddle and ride past those three words, “I HAVE CANCER.”
🌐 epicexperience.org

First Descents
Free outdoor adventure experience designed to empower physical activity.
🌐 firstdescents.org

Get Real and Heel
Low intensity exercises that require physician permission to participate.
📞 919-962-1222
🌐 getrealandheel.unc.edu

LIVESTRONG at the YMCA
Twelve-week programs designed for adult cancer survivors.
📞 866-673-7205
🌐 livestrong.org

True North Treks
A variety of outdoor programs for teens and young adults, caregivers, and oncology care providers facing cancer.
🌐 truenorthtreks.org

Wind River Cancer Wellness & Retreats Program
Multi-day cancer wellness retreats for survivors and families.
🌐 windriverservices.org
CHILDHOOD, ADOLESCENTS & YOUNG ADULTS

Children, teens and young adults need different types of support depending on their age and life stage. These groups can help you cope and connect to help.

Children’s Brain Tumor Foundation (CBTF)
Funds basic research on pediatric brain tumors. They offer additional support including a parent-to-parent support network and telephone support group.

 866-228-4673
 cbtf.org

Critical Mass Mission Control
Find programs, services and resources in your local area specific to adolescent and young adult cancer.

 criticalmass.auntbertha.com

Cure Search for Children’s Cancer
Resources and education so no child faces a cancer diagnosis without a fully equipped support team.

 800-458-6223
 curesearch.org

Fertility Preservation
Information about the freezing of human reproductive tissues.

 fertilitypreservation.com

Genevieve’s Helping Hands
Resources young women with breast cancer.

 genshelpinghands.org

Hope for Young Adults with Cancer
Provide direct financial support to young adults, ages 18–40 through our “Giving Hope Fund.”

 hope4yawc.org

LIVESTRONG Podcast: Stronger
A podcast series about how to live your healthiest life.

 866-673-7205
 livestrong.org

National Comprehensive Cancer Network (NCCN) Guidelines for Patients
Guidelines to help you get the best care plan for adolescents and young adults with cancer.

 nccn.org/patients/guidelines/aya/index.html

The SAMFUND
Financial support for young adult cancer survivors.

 thesamfund.org

Stupid Cancer
Largest charity that “makes cancer suck less” for those touched by young adult cancer.

 stupidcancer.org

Ulman Cancer Fund for Young Adults
Community of support for young adults impacted by cancer.

 ulmanfund.org

Young Survival Coalition
Young women (18–40) facing breast cancer together.

 youngsurvival.org

UNC Fertility
Information on fertility preservation.

 uncfertility.com
**CLINICAL TRIALS**

Clinical trials are studies that involve people. You can learn about research and testing of new cancer treatments.

**Association of Cancer Online Resources**
This site offers hundreds of online support groups related to cancer. Check out their online communities to find groups focused on such issues as clinical trials.

[acor.org](http://acor.org)

**BreastCancerTrials.org**
Specifically designed for breast cancer patients, this site offers information about clinical trials and a clinical trials matching service.

[breastcancertrials.org](http://breastcancertrials.org)

**Cancer.net**
From the American Society of Clinical Oncology (ASCO), this site offers oncologist-approved information on many types of cancer and treatment, clinical trials and more.

[cancer.net](http://cancer.net)

**Cancer Research Institute**
Funds cancer and immunology research, and provides information on clinical trials.

[cancerresearch.org](http://cancerresearch.org)

**Centerwatch**
Lists available clinical trials and has an e-mail notification service that sends new clinical trials for your disease.

[centerwatch.com](http://centerwatch.com)

**Clinical Trials from the National Institute of Health**
Registry of federally and privately supported clinical trials conducted in the U.S. and around the world, and also contains information about understanding clinical trials.

[clinicaltrials.gov](http://clinicaltrials.gov)

**EmergingMed**
Provides a free, confidential, clinical trials matching and referral service for cancer patients.

[877-601-8601](http://877-601-8601)
[emergingmed.com](http://emergingmed.com)

**National Cancer Institute**
NCI supported clinical trials and cancer related information.

[800-422-6237](http://800-422-6237)
[www.cancer.gov](http://www.cancer.gov)

**UNC Lineberger Comprehensive Cancer Center**
UNC Lineberger offers many clinical trials, which can be searched by disease type, physician or course of treatment.

[919-966-4432](http://919-966-4432)
[877-668-0683](http://877-668-0683)
[unclineberger.org/patientcare/clinical-trials](http://unclineberger.org/patientcare/clinical-trials)
FINANCIAL RESOURCES

Many people affected by cancer worry about paying for care and other living costs. These programs can answer questions and link you to financial support. Support may depend on your type of cancer or personal needs.

211*
Contact 211 for help with food, housing, employment, health care, counseling and more.

 211
 211.org

Ambry Genetics Financial Assistance Program
Financial assistance program for the uninsured and underinsured, to promote equal access to genetic testing. Medicare and Medicaid patients are excluded.

 984-900-5794
 ambrygen.com/financial-assistance-program

American Cancer Society*
Learn about private and government insurance plans, as well as other possible sources of financial help.

 cancer.org/treatment/finding-and-paying-for-treatment.understanding-health-insurance.html

American Society of Clinical Oncology: Financial Considerations
Resources on understanding the cost of cancer care.

 cancer.net/navigating-cancer-care/financial-considerations

Assurance Wireless Cell Phone Assistance Program

 assurancewireless.com

BenefitsCheckUp
Financial assistance with medications, food, utilities, legal, healthcare expenses, housing, taxes and more.

 benefitscheckup.org

Blue Hope Fund for Colon Cancer
Provides a one-time $300.00 grant for eligible patients.

 877-422-2030
 ccalliance.org/get-support/screening

Breast Cancer Charities of America: Help Now Fund
Provides emergency financial assistance including rent and utilities, for patients in active treatment.

 thebreastcancercharities.org/help-now-fund

CancerCare*
Funding is available for transportation, home care and child care. Counseling support is also available.

 800-813-4673
 cancercare.org

Cancer Support Community
Frankly Speaking About Cancer: Coping with the Cost of Care is a free booklet that discusses how to navigate health insurance, employment, disability, income, and debt. Includes a comprehensive list of national resources and support organizations for cancer patients.

 cancersupportcommunity.org

Caring Community Foundation
One-time financial assistance for eligible patients living in the Raleigh-Durham area. Covers rent, utilities, treatment and/or other expenses. Referral required.

 caringcommunityfoundation.org

Cancer Financial Assistance Coalition
Helps cancer patients manage their financial challenges.

 cancerfac.org

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 cancer.org/treatment/finding-and-paying-for-treatment.understanding-health-insurance.html

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Resources on understanding the cost of cancer care.

 cancer.net/navigating-cancer-care/financial-considerations

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 cancersupportcommunity.org

Caring Community Foundation
One-time financial assistance for eligible patients living in the Raleigh-Durham area. Covers rent, utilities, treatment and/or other expenses. Referral required.

 caringcommunityfoundation.org

Cancer Financial Assistance Coalition
Helps cancer patients manage their financial challenges.

 cancerfac.org
Cornucopia House
Offers complementary therapies, movement classes, individual and group support and more. Located in Durham.
\[\text{919-401-9333} \quad \text{cancersupport4u.org}\]

HealthWell Foundation
\[\text{800-675-8416} \quad \text{healthwellfoundation.org}\]

Helene Foundation
Financial assistance for mothers with children living at home and undergoing active cancer treatments.
\[\text{helenefoundation.org}\]

The Hope Chest for Women
Support, resources, and financial assistance for women with breast and gynecologic cancers in western North Carolina.
\[\text{828-708-3017} \quad \text{hopechestforwomen.org}\]

Miles Against Melanoma
Financial assistance for patients living with melanoma.
\[\text{milesagainstmelanoma.com/family-assistance-program}\]

Ovarian Cancer Patient Charity Project
Financial assistance for breast and gynecological cancer patients.
\[\text{ovariancancerpatientcharityproject.yolasite.com}\]

Patient Advocate Foundation*
Co-pay relief, access to care, maintenance of employment and financial stability as it relates to a debilitating disease.
\[\text{800-532-5274} \quad \text{patientadvocate.org/help.php}\]

Patient Services, Inc
Financial support and guidance for qualified patients with specific, rare chronic diseases.
\[\text{800-366-7741} \quad \text{patientservicesinc.org}\]

Pretty in Pink Foundation
Provides uninsured and under-insured breast cancer patients in North Carolina with financial assistance.
\[\text{919-532-0532} \quad \text{prettyinpinkfoundation.org}\]

Salvation Army
May provide assistance with utility bills.
\[\text{salvationarmycarolinas.org/get-help}\]

Social Security Compassionate Allowance
\[\text{ssa.gov/compassionateallowances}\]

Social Security Disability Benefits*
\[\text{800-772-1213} \quad \text{ssa.gov/benefits/disability}\]

State Health Insurance Assistance Program (SHIP)
Free insurance counseling to Medicare beneficiaries.
\[\text{800-253-7154} \quad \text{shiptacenter.org}\]

Stomp the Monster
One-time financial assistance for financially eligible patients in active treatment.
\[\text{stompthemonsternc.org/contact-us/seek-assistance}\]
LEGAL RESOURCES

Information, resources, and support to help manage legal concerns.

CancerCare
Resources to help people coping with cancer manage legal concerns, including insurance and workplace issues.

800-813-4673

cancercare.org/tagged/legal_assistance

Cancer Legal Resource Center
Champions the civil rights of people with disabilities as well as those affected by cancer and other serious illness.

cancerlegalresources.org

Legal Aid of NC
Free legal services in civil matters related to low-income people.

866-219-5262

legalaidnc.org

Disability Rights Legal Center
Champions the civil rights of people affected by cancer.

866-843-2572
212-736-1455

disabilityrightslegalcenter.org

UNC Pro Bono Legal Clinic
Free service by appointment that helps cancer patients and their caregivers to prepare legal documents that are important to future health care planning.

984-974-8100
MEDICATION ASSISTANCE

There are several programs that may help pay for medicines.

Aging Care
Resource for caregivers. Allows older adults and their families to search for financial aid information.

📞 239-594-3222
🌐 agingcare.com

BenefitsCheckUp
Offers a wide variety of services, including potential help with affording medication.

🌐 benefitscheckup.org

CancerCare Co-Payment Assistance Foundation
Dedicated to helping afford the co-payments for chemotherapy and targeted treatment drugs. Eligibility is based on insurance type and cancer diagnosis (type).

📞 866-552-6729
🌐 cancercarecopay.org

Cancer Financial Assistance Coalition
Provides resources for patients based upon the diagnosis or by type (pharmaceutical assistance) and zip code.

🌐 cancercare.org

Cure: Drug Assistance Program
Listing of various pharmaceutical companies, non-profit organizations and institutions that provide drug assistance programs for cancer patients.

🌐 curetoday.com/articles/drug-assistance-programs

Good Days Fund*
Provides financial support to patients who cannot afford the medications they need.

📞 877-968-7233
🌐 mygooddays.org

GoodRx
Medical app for your phone that locates the lowest prices and discounts on prescriptions.

🌐 goodrx.com

HealthWell Foundation
Reduces financial barriers to care for underinsured patients with chronic and life-threatening diseases by providing financial assistance. Need to determine your eligibility first before applying. Medications covered depends on disease state and if funds are available.

📞 800-675-8416
🌐 healthwellfoundation.org/patients

Leukemia & Lymphoma Society*
Co-Pay Assistance Program helps patients pay their insurance premiums and meet co-pay obligations.

📞 800-955-4572
🌐 lls.org

Miles Against Melanoma
Assistance program that helps families with medical expenses related to treating stage 3 and 4 disease.

🌐 milesagainstmelanoma.com

NeedyMeds*
Free information on programs that help people who can’t afford medications and healthcare costs. Offers drug discount cards and rebates as well.

📞 800-503-6897
🌐 needymeds.org
Partnership for Prescription Assistance*
Helps people connect to the right assistance programs so they can get the medicine they need for free or nearly free.

patientaccessfoundation.org

Patient Access Foundation
Co-pay assistance to patients in need.

866-316-7263
patientaccessfoundation.org

Patient Advocate Foundation
Co-Pay Relief
Co-pay relief program. Provides assistance through Medicare Part D gap coverage as well as Medicaid spend downs for qualifying patients.

866-512-3861
copays.org

Rx Assist
Current and comprehensive directory of patient assistance programs offered by pharmaceutical companies. Includes drug discount cards.

rxassist.org

Rx Extra Help Program
For Medicare patients with limited income and resources. Patients may get help paying for prescription drug costs.

benefitscheckup.org/medicare-rx-extra-help-application

Rx Hope
A resource to help patients in need of obtaining critical medications they would normally have trouble affording.

rxhope.com

Rx Outreach*
Mail order pharmacy that ships medication directly to patients’ homes. Must meet eligibility requirements.

rxoutreach.org
**NUTRITION**

Good nutrition is important for cancer patients. Eating the right foods can help you feel better, stay stronger and heal. Cancer and treatment may make it hard to eat well but there is help available.

**Academy of Nutrition and Dietetics**
Committed to improving health and advancing the profession of dietetics through research, education and advocacy.

- [eatright.org](http://eatright.org)
- [800-422-6237](tel:800-422-6237)
- [cancer.gov](http://cancer.gov)

**Eating Hints for Cancer Patients Before, During & After Treatment**
Tips from the National Cancer Institute.

- [800-422-6237](tel:800-422-6237)
- [cancer.gov](http://cancer.gov)

**Nutrition After Cancer Treatment**
Tips from the American Institute for Cancer Research.

- [800-843-8114](tel:800-843-8114)
- [aicr.org](http://aicr.org)

**Nutrition During and After Cancer**
Tips from the American Cancer Society.

- [800-227-2345](tel:800-227-2345)
- [cancer.org](http://cancer.org)

**Cancer Support Community**

- [202-659-9709](tel:202-659-9709)
- [thewellnesscommunity.org](http://thewellnesscommunity.org)

**Pearl Point**
Education and personalized nutritional support.

- [877-467-1936](tel:877-467-1936)
- [pearlpoint.org](http://pearlpoint.org)
PALLIATIVE CARE & DECISION TOOLS

People with cancer and their loved ones make many decisions about care. These programs provide tools and coping resources that will help you understand available resources to help ensure the best quality of life.

**Advance Directives**
Provides free advance directives (legal documents that allow you to spell out your decisions about end-of-life care ahead of time) and instructions for each state that can be opened as a PDF.
- [caringinfo.org](http://caringinfo.org)

**American Cancer Society**

**American College of Physicians**
Home care guide for advanced cancer.
- [acponline.org/practice-resources/patient-education/online-resources/end-of-life](http://acponline.org/practice-resources/patient-education/online-resources/end-of-life)

**The Carolina Center (TCC)**
Hospice and palliative care educational programs offered in North and South Carolina.
- 919-459-5380
- [cchospice.org](http://cchospice.org)

**Caring Bridge**
Online space where you can connect, share and receive support during any type of health event or crisis, making each health journey easier.
- 651-789-2300
- [caringbridge.org](http://caringbridge.org)

**Caring Connections**
Provides easy to read information about end of life care and services including a toll free helpline.
- 800-658-8898
- [caringcommunity.org](http://caringcommunity.org)

**The Conversation Project**
Online and hardcopy tool kit to help people talk about their wishes for end of life care.
- [theconversationproject.org](http://theconversationproject.org)

**Five Wishes Advance Directive Form**
A form that lets your loved ones know your health care choices if you are too sick to make them yourself.

**Get Palliative Care**
Dedicated to spreading awareness of what palliative care is and how it can benefit anyone facing a serious illness as well as their families.
- [getpalliativecare.com](http://getpalliativecare.com)

**National Association for Home Care and Hospice**
Represents the interests and concerns of home care and hospice related individuals and organizations. Their site provides a provider directory and other information about choosing home care and hospice services.
- 202-547-7424
- [nahc.org](http://nahc.org)

**National Hospice and Palliative Care Organization**
Provides information about all aspects of hospice and end of life care, including finding providers, advance directives, caregiving and coping with grief.
- 800-658-8898
- [nhpco.org](http://nhpco.org)
Patient Advocate Foundation*
Co-pay relief (financial assistance); access to care, maintenance of employment and preservation of financial stability as it relates to a chronic, life-threatening and/or debilitating disease.

800-532-5274
www.patientadvocate.org

Patient Resource Cancer Guide
Listing of patient resources including cancer treatment facilities and cancer-specific patient support groups with their contact information.

patientresource.com
PARENTING WITH CANCER

Parents and children touched by cancer can connect to these special programs for support.

Camp Kesem
Provides children who have a parent with cancer a supportive, lifelong camp community that recognizes and understand their unique needs. Chapters at local universities in Raleigh, Durham and Chapel Hill.

KidsCan!
Provides support and education for children ages 6–16 years who have a parent facing cancer. Local chapters in Raleigh, Durham and Burlington.

Marjorie E. Korff PACT Program
Provides parental guidance to parents with cancer (as well as their partners) while they are “Parenting At a Challenging Time” (PACT).

Mommy and Me Cancer Foundation
Support for young mothers who are battling life-threatening cancer and who are also raising minor children. Patient support may include meal cards, gas cards, housing, utilities, out-of-pocket medical expenses, hair loss replacement or back-up childcare.

Widowed Parent
Dedicated to supporting and understanding the unique challenges of widowed parents and their children.

PARKING AT UNC

Short and long term parking is available for patients and visitors.

UNC Hospitals Short and Long Term Patient Parking
Parking is available at the Dogwood Deck for patients and visitors. It costs $1.50 per hour with a maximum of $10.00 per day.

Permits for parking in the S-11 parking lot are available for visitors of patients admitted to the hospital for more than a week. It costs $10.00 per week.

UNC Valet Parking
Valet Parking is available to all patients and visitors to any of the Hospitals at the Medical Center. Cost may vary.

Hours available: 5:30 a.m. – 7:30 p.m., Monday–Friday
Valet Stations are located the following places: Emergency Room main entrance, in front of the N.C. Children’s Hospital, and the Manning Level of the Cancer Hospital.
PATIENT AND CAREGIVER SUPPORT

These programs offer emotional and physical support that patients often need. This includes support for caregivers such as friends, partners or family members who help their loved ones.

American Association for Marriage and Family Therapy
Provides educational materials to help couples live with illness, as well as other issues related to health.

- aamft.org
- therapistlocator.net

Cancer Care
Free professional support, such as phone counseling, online support groups and educational materials, for people with cancer, their loved ones and caregivers.

- 800-813-4673
- cancercare.org

Cancer Care Connection
Free cancer resource coaches available for guidance.

- 866-266-7008
- cancercareconnection.org

Cancer Care for Kids
Offers practical support and counseling for kids with a parent, sibling, or other family member who has cancer.

- cancercareforkids.org

Cancer Hope Network
Volunteers provide free and confidential one-on-one support for people with cancer and their family members.

- 877-467-3638
- cancerhopenetwork.org

Caregiver Action Network
Working to improve the quality of life for Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

- caregiveraction.org

Caring Bridge
Free personalized websites that keep loved ones connected during a serious health event.

- caringbridge.org

Cleaning for a Reason
Partner with local house cleaning services to offer one free house cleaning per month, for up to 4 months, for women undergoing cancer treatment.

- 877-337-3348
- cleaningforareason.org

Cornucopia Cancer Support Center
Cancer support resources for patients and their caregivers living in the Durham, Chapel Hill and Raleigh.

- cancersupport4u.org

Family Caregiver Alliance (FCA)*
Provides national, state and local information and resources on long-term caregiving.

- 800-445-8106
- caregiver.org

Lotsa Helping Hands
Volunteer coordination service for friends, family, and colleagues to help loved ones in need.

- lotsahelpinghands.org

National Alliance for Caregiving (NAC)
Coalition of organizations focused on caregiving issues.

- caregiving.org
National Respite Locator Service
Helps caregivers find respite services in their areas.
› respitelocator.org

NC Health Info: Caregiving
› nchealthinfo.org/health/copics/cancer-caregiving

UNC Cancer Caregivers
› caregivers.web.unc.edu

UNC Lineberger’s Comprehensive Cancer Support Program (CCSP)
A multidisciplinary program dedicated to helping patients, caregivers and families with cancer treatment, recovery and survivorship. Various services and programs available.
› 984-974-8100
› unclineberger.org/patientcare/support/ccsp

UNC Patient and Family Resource Center
This center offers a library, business center, boutique for wigs and head coverings, private consultation rooms and more. Staff offers patient education, support evaluation for legal and financial assistance and referrals to local and national organizations.
› 984-974-8100
› unclineberger.org/patientcare/support/ccsp/programs_services/pfrc

Well Spouse Association (WSA)
National, non-profit membership organization (dues are charged) which provides emotional support to spouses and partners of chronically ill and/or disabled people.
› 800-838-0879
› wellspouse.org
PEER SUPPORT AND BUDDY PROGRAMS
Free and confidential one-on-one telephone and email support for patients and caregivers.

4th Angel Mentoring Program
- 4thangel@ccf.org

American Brain Tumor Association
- abta.org

Cancer Hope Network
- cancerhopenetwork.org

Colon Cancer Alliance
- ccalliance.org

Friend for Life Support Network
- friend4life.org

Lung Cancer Alliance
- lungcanceralliance.org

Leukemia and Lymphoma Society
- lls.org

Living Beyond Breast Cancer
- lbbc.org

Multiple Myeloma Research Foundation
- themmrf.org

National Bone Marrow Transplant Link
- nbmtlink.org

National Cervical Cancer Coalition
- nccc-online.org

National Lymphedema Network
- lymphnet.org

National Ovarian Cancer Coalition
- ovarian.org

The Oral Cancer Foundation
- oralcancerfoundation.org

Pancreatic Cancer Action Network
- pancan.org

RA Bloch Cancer Foundation
- blohcancer.org

Sarcoma Alliance
- sarcomaalliance.org

Support for People with Oral and Head and Neck Cancer
- spohnc.org

The Ulman Cancer Fund for Young Adults
- ulmanfund.org

Us TOO International
- ustoo.org

Young Survival Coalition
- youngsurvival.org
**PREVENTION AND EARLY DETECTION**

Programs that will help patients and families understand the importance of preventing cancer.

**GENERAL**

**American Cancer Society**

Prevention and early detection guidelines.


**ACS Guidelines for Nutrition and Physical Activity**


**Cancer Control: North Carolina**

Cancer Prevention & Control

The purpose of the this branch is to reduce the overall cancer burden in North Carolina.

[ncpublichealth.com/chronicdiseaseandinjury/cancerpreventionandcontrol](http://ncpublichealth.com/chronicdiseaseandinjury/cancerpreventionandcontrol)

**Colonoscopy Assist**

847-986-8999

[cheapcolonoscopy.com](http://cheapcolonoscopy.com)

**Fight Colorectal Cancer**

[fightcolorectalcancer.org](http://fightcolorectalcancer.org)

**Miles Against Melanoma**

Assistance program that helps families with medical expenses related to treating stage 3 and 4 disease.

[milesagainstmelanoma.com](http://milesagainstmelanoma.com)

**Melanoma International Foundation**

This foundation works to create effective melanoma prevention and treatment programs. They offer information about melanoma and a toll free patient hotline.

866-463-6663

[melanomaintl.org](http://melanomaintl.org)

**National Society of Genetic Counselors**

Directory to locate genetic counselors in your area within the United States and Canada.

[nsgc.org](http://nsgc.org)

**Prevention & Healthy Living**

[ncancer.net/navigating-cancer-care/prevention-and-healthy-living](http://ncancer.net/navigating-cancer-care/prevention-and-healthy-living)
SMOKING CESSATION RESOURCES

American Cancer Society
The Quit For Life program, the nation’s leading tobacco-cessation program, is a phone-based coaching and web-based learning support service to help smokers quit.

 800-227-2345
 cancer.org/healthy/stay-away-from-tobacco/smoke-free-communities/create-smoke-free-workplace/quit-for-life.html

American Lung Association Freedom from Smoking Program*

 ffsonline.org

Cancer.net
How to stop tobacco use after a cancer diagnosis.

 cancer.net/sites/cancer.net/files/stopping_tobacco_use.pdf

Ex-Plan*
Free quit smoking program that helps you relearn life without cigarettes.

 becomeanex.org

Free to Breathe

 freetobreathe.org

NC Quit Line*
Open 24 hours a day, 7 days a week.

 800-QUIT-NOW (800-784-8669)
 quitlinenc.com
**SEXUAL AND REPRODUCTIVE HEALTH**

It is common for people to have body changes and problems with sex due to cancer and treatment. Help is also available for people who want to have children after cancer treatment.

**Fertile Action**
Charity work to ensure fertile women touched by cancer can become mothers.
- [fertileaction.org](http://fertileaction.org)

**LIVESTRONG**
Contain articles about female and male sexual health during and after cancer.
- [livestrong.com/cat/relationships-and-family](http://livestrong.com/cat/relationships-and-family)

**LIVESTRONG Fertility**
- [livestrong.org/what-we-do/program/fertility](http://livestrong.org/what-we-do/program/fertility)

**Oncofertility**
Provides patients, parents and partners with cancer-related advice, animations, survivor videos and other resources.
- 866-708-3378
- [myoncofertility.org](http://myoncofertility.org)

**Oncolink**
Women’s and men’s guides to sexuality during and after cancer treatment.
- [oncolink.org](http://oncolink.org)

**Resources for Combatting Sexual Dysfunction after Cancer**

**Save My Fertility**
For adult cancer patients and the parents of children with cancer who want to learn more about preserving their fertility before and during cancer treatment.
- 866-708-3378
- [savemyfertility.org](http://savemyfertility.org)

**Sexuality for Women with Cancer**
- cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/sexualsideeffectsinwomen/sexualityfortheman/index

**Sexuality for Men with Cancer**
- cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/sexualsideeffectsinmen/sexualityfortheman/index
SURVIVORSHIP INFORMATION
Resources about one's health and wellbeing after cancer treatment ends.

American Cancer Society
Guidelines on nutrition and physical activity.
¬ cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf

Americans With Disabilities Act*

CancerCare
Tools for adult survivors after treatment ends.
¬ 800-813-4673
¬ cancercare.org

Cancer Finances
A toolkit for navigating finances after cancer.
¬ cancerfinances.org

Cancer.net*
Resources and expertise for people living with cancer.
¬ cancer.net

Cancer Support Community
¬ cancersupportcommunity.org

Cancer Survivor Toolbox*
¬ canceradvocacy.org/toolbox

Cancer Transitions*
Free 4-week program for cancer survivors offered in various locations in NC. Provides information on nutrition, exercise, stress management, and managing medical care.
¬ 984-974-8100
¬ unclineberger.org/patientcare/support/ccsp/cancer-transitions

Emotional Health & Well Being
Cancer support community
¬ 202-659-9709
¬ thewellnesscommunity.org

Facing Forward: Life After Cancer Treatment*
¬ 800-422-6237
¬ cancer.gov/publications/patient-education/facing-forward

Journey Forward
Survivorship care planning tools
¬ 707-636-5900
¬ journeyforward.org

LIVESTRONG SurvivorCare
Helps with financial, employment, and insurance issues.
¬ 855-220-7777
¬ livestrong.org/survivorcare

LIVESTRONG at the YMCA
Twelve week physical activity and well-being program aimed to help adult cancer survivors achieve their health goals.
¬ ymca.net

National Coalition for Cancer Survivorship*
¬ canceradvocacy.org

North Carolina Health Info
¬ nchealthinfo.org/health-topics/cancer-survivorship

Pocket Cancer Care Guide App
¬ canceradvocacy.org/resources/pocket-care-guide
**TRANSPORTATION & ACCOMMODATION HELP**

These programs offer help with getting to doctor visits and housing for those affected by cancer.

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**American Cancer Society, Road to Recovery Program**

Provides limited transportation to and from hospitals, doctors’ offices and cancer treatment facilities.

- **800-227-2345**
- [cancer.org/treatment/supportprogramsservices/road-to-recovery](http://cancer.org/treatment/supportprogramsservices/road-to-recovery)

**Air Charity Network**

Volunteer pilots provide free air transportation to specialized health care facilities for people in need.

- **877-621-7177**
- [aircharitynetwork.org](http://aircharitynetwork.org)

**CancerCare**

Funding available for transportation, home care and child care. State specific resource guide for people with cancer.

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

**Corporate Angel Network**

Free flights for all cancer patients, bone marrow donors and recipients who are able to walk without assistance.

- **866-328-1313**
- [corpangelnetwork.org](http://corpangelnetwork.org)

**Joe’s House**

Housing resource for cancer patients who must travel for medical treatment.

- **877-563-7468**
- [www.joeshouse.org](http://www.joeshouse.org)

**Med Stay**

A free concierge hotel reservation service for medical patients and their families.

- **877-633-7829**
- [medstay.com](http://medstay.com)

**National Patient Travel Center**

Provides information about all forms of charitable, long-distance medical transportation and helps with referrals.

- **800-296-1217**
- [patienttravel.org](http://patienttravel.org)

**NCDHHS**

North Carolina offers transportation services serves the general public and human service agencies. These agencies have programs to help people gain access to transportation services when they do not have access to a vehicle. Adults 60 and older may be eligible for transportation assistance to destinations such as senior lunch programs and grocery stores.

If you are Medicaid-eligible then Medicaid will support your ride to Medicaid covered services. Contact your social worker or call your local Department of Social Services for assistance. For information on the public transportation systems in your area contact the Department of Transportation.

- [ncdhhs.gov/assistance/adult-services/transportation-services-for-older-adults](http://ncdhhs.gov/assistance/adult-services/transportation-services-for-older-adults)

**Ronald McDonald House**

Provides free or low-cost housing for families of seriously ill children receiving treatment at nearby hospitals.

- **919-913-2040**
- [rmhc.org](http://rmhc.org)

**SECU Family House**

Safe, affordable housing for out of town patients and their caregivers during treatment at UNC Hospitals. Referral required.

- **919-932-8000**
- [secufamilyhouse.org](http://secufamilyhouse.org)
NOTES

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DISCLAIMER

This list is not comprehensive. The information provided was the most current information available at the time of the publication. Some material may change or become dated without notice since the content was gathered from many sources. The sponsors and individuals listed assume no responsibility for time sensitive information. It is the responsibility of the individual user to verify the accuracy of pertinent content.

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