## Taking Care of Yourself Kellogg Cancer Center

## For many patients, a cancer diagnosis is a life-changing event that can trigger emotions such as shock, fear, depression, anxiety and anger.

Kellogg's Psychosocial Oncology Program addresses the psychological and social challenges of cancer and is committed to treating you as a whole person. Staffed by clinical social workers, counselors and master's-level interns, the program recognizes that managing emotional and practical needs is a vital part of coping with illness and promoting quality of life.

You and your family members are invited to contact the Psychosocial Oncology Program through your nurse or physician. Psychosocial team members collaborate with your physicians and nurses to provide the best continuity of care available.

The following services are available:

- Psychosocial assessment
- Ongoing supportive contact throughout treatment
- Psychotherapy
- Referrals to community resources (home care, support groups, transportation, psychotherapy)
- Crisis intervention
- Assistance with financial matters, insurance and related concerns
- Assistance with advance directives, including Living Wills and Durable Power of Attorney for Health Care

Our aim is to provide a supportive atmosphere in which you and your family members can express concerns, hopes and fears. Our goal is to facilitate your coping process by responding to your unique needs and strengths.



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