## Taking Care of Yourself | Kellogg Cancer Center

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

The Psycho-social Oncology Program addresses the psychological and social challenges of cancer, and is committed to treating you as a whole person. Staffed by oncology clinical social workers, psychologists, bereavement counselors and post-doctoral fellows, we recognize 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 Psycho-social Oncology Program. Psycho-social team members collaborate with your physicians and nurses in order to provide the best continuity of care available.

The following services are available:

- Psycho-social assessment.
- Ongoing supportive contact throughout treatment.
- Psychotherapy.
- Referrals to community resources (home care, support groups, transportation).
- Crisis intervention.
- Assistance with financial matters, insurance and related concerns.
- Assistance with advanced care planning, 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 byresponding to your unique needs and strengths.

