

Resource Tool

If you need more information about the physical, day-to-day and emotional concerns of cancer survivorship, there are resources that can help you. Many resources provide information and support over the telephone and on their websites. Start your search for help and information by calling and talking with someone from a suggested cancer resource.

Each resource may not have all of the information you need.
Ask questions to find out how they can help you find the help you need.

TIPS FOR USING THE PHONE FOR CANCER INFORMATION:

When you call a resource for more information, use the statements and questions below to get the information you need.

- Tell the person from the resource that you are a cancer survivor.

Example: "Hello. My name is Antonio and I am a prostate cancer survivor."

- Tell the person from the resource what concern you need help with.

Examples: "I need more information on cancer pain management."
"I need help finding support groups in my town."
"I need help paying my medical bills."

- If you are looking for support groups in your area, ask the person from the resource if they can help you find one. Tell them where you live and how far you can travel to a support group. Tell them if you need help getting to the support groups.

Examples: "Are there support groups close to where I live?"
"I need help getting to the support group."

- Ask the person from the resource if there is printed information for your concerns. Ask how you can get this information. You may need to give your mailing address if the information is being mailed to you.

Example: "Is this information available in a print version? Can you please mail me the printed version?"

- You may have a lot of questions. Take your time and ask all of the questions that you have. The person from the resource is there to help you! If one resource does not have all of the information you need, ask them to give you names of other resources that you can call.
- You may not know what questions to ask. It is okay to tell the person from the resource what concerns you have so that they can help you.
- Talk to the operator until all of your questions are answered. It is okay if you feel a little nervous or do not always know what to say, the operators are there to help you.

TIPS FOR USING THE INTERNET FOR CANCER INFORMATION:

If you have Internet access and would prefer to find resources that can help you online, the Internet is a useful tool. However, if you are unsure how to use the Internet, we suggest that you call cancer resources over the phone to find the cancer information you need.

Here are some people that can help you find cancer information on the Internet:

- Promotores
- Librarian
- Healthcare Provider
- A family member who uses the Internet
- A person directly from the cancer resource you are using

*** NOT ALL OF THE INFORMATION ON THE INTERNET IS CORRECT. WE DEVELOPED A LIST OF RESOURCES THAT YOU CAN TRUST TO FIND THE INFORMATION YOU NEED.