

Tips for Getting Support When You Live with Breast Cancer



Ask your doctor's office for resources. They may be able to help you find support groups, rides to appointments, and more.



Find a network you trust. There are communities led by professionals and people who've experienced cancer that offer assistance online, by phone, or in person.



Consider looking for financial advice and assistance. This may be a program, foundation, or person.



Ask for help with young children. Try to find reliable people who can handle pickups and drop-offs. When you need extra time for rest, see who can look after your kids.



Lean on someone you can talk with honestly. This may be a friend, partner, therapist, or your doctor.



Reach out to loved ones with your everyday tasks. Do you have friends and family who can help you clean, cook, and shop? You might also use a grocery or house supply delivery service.