



Help for People Facing Cancer, Survivors, and Caregivers

The American Cancer Society (ACS) champions every person facing cancer with personalized guidance and a caring community. Visit **cancer.org** or call us at **1-800-227-2345**.

24/7 cancer helpline

Our cancer helpline provides 24/7 support when you're dealing with cancer. It connects you with trained team members who can answer questions about your diagnosis and provide guidance and a compassionate ear. We will connect you with ACS programs and services. We can also refer you to other national resources. Call us at **1-800-227-2345** or visit **cancer.org** to live chat with us. We can assist in English, Spanish, and more than 200 other languages via a translation service.

A personalized support system

After a cancer diagnosis, you may feel unsure about what to do next. Our ACS CARES® (Community Access to Resources, Education, and Support) navigation support program connects people with quality, curated information and one-on-one support. With the ACS CARES program, you can access information that updates as your situation changes, connect one-on-one with trained volunteers, access programs that help remove barriers like transportation and lodging, and speak with our trained team members. Visit **cancer.org/acscares** to download the app.

Educational materials about cancer

Our materials can help you and your loved ones understand your diagnosis, treatment, and possible side effects. They also include information about our programs and services. To request materials, call **1-800-227-2345** or visit **cancer.org** to live chat with a team member.

Free rides to treatment

Our Road To Recovery® program eases your burden by providing free rides to cancer-related medical appointments. Trained volunteer drivers will pick you up, take you to your appointment, and bring you home after treatment – all at no charge. Visit **cancer.org/roadtorecovery** to learn more.

Places to stay during treatment

Our Hope Lodge® communities offer a home away from home for people facing cancer and their caregivers when cancer treatment is far away. These communities provide comfortable guest suites with private baths, as well as inviting spaces with all the comforts of home – all at no cost to guests. To find a Hope Lodge community near your treatment, contact your doctor, social worker, or patient navigator. Or visit **cancer.org/hopelodge** to learn more.

Free estate planning tools

Through ACS, you have free access for life to Giving Docs – a safe, secure platform where you can create or update your will or trust, record your health care wishes, assign powers of attorney, and more. It only takes a few minutes, and every step helps protect the people who matter most. Visit **givingdocs.com/americancancersociety** to learn more.



Access to clinical trials and support

Through our ACS ACTS™ program, we offer free clinical trial matching support and connect you with ACS programs and services to help meet your needs during treatment. Visit **cancer.org/acts** to learn more.

ACS cookbooks

We publish cookbooks that help people with cancer, survivors, and their caregivers eat healthier. Visit **cancer.org/bookstore** to learn more. Our books are also available through major book retailers.

Survivorship resources

We have materials and resources for survivors to help with quality-of-life concerns and other needs during and after cancer treatment. Our nutrition and physical activity guidelines help survivors know how to live their best life and help reduce their risk for cancer coming back. Visit **cancer.org/survivors** for more information.

Caregiver support resources

Our *Caregiver Resource Guide* (**cancer.org/caregiverguide**) supports people who are caring for someone with cancer. It provides information about the caregiving process and what to expect with a cancer diagnosis and its treatment. The tool also focuses on caregiver self-care, communication, coping, and caregiver resources.

Another helpful resource is our Caregiver Support Video Series (**cancer.org/caregivervideos**). These videos provide educational support to caregivers as they assist with everyday needs of loved ones. They also provide self-care techniques for caregivers to improve their own quality of life.

cancer.org

Our website offers access to the most recent and accurate cancer information. It also helps you find programs and services in your area. A few pages of note are:

cancer.org/cct – information, worksheets, and trackers to help you organize and navigate your cancer experience

cancer.org/coping – practical resources to help you and your loved ones find support, understand what to expect, and learn how to move forward after a new cancer diagnosis

cancer.org/costofcare – information to help you understand and manage the costs of cancer treatment

cancer.org/languages – cancer information in other languages for non-English speakers

cancer.org/managingcare – tools and resources to help you understand your diagnosis and make decisions about treatment

cancer.org/sideeffects – help with managing and coping with treatment-related side effects

cancer.org/support – more information about cancer support resources, programs, and services in your area

cancer.org/supportivecare – help with daily life, including managing side effects, staying active and eating well, working during treatment, and living with advanced cancer

Live chat with our caring, trained team members simply by going to **cancer.org** and clicking on “Live Chat.”

