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Resources For Survivorship

Cancer diagnosis and treatment can affect every part of your life. There are many complicated tasks and emotions to think about as you move from treatment into survivorship. However, you do not need to navigate these things alone. This handout includes many support resources that are available to you and your caregivers.

Individual Counseling

Counselors or therapists offer one-on-one or family counseling. They can help you cope with complex issues like a serious illness. They can also help you when other strategies and supports have not met your needs. Many survivors try counseling, since it is helpful to talk with a professional about the complex emotions that come up after treatment. If you think counseling would be helpful, please see a list of local options below.

Resources for patients with private insurance: It is recommended to contact your insurance company to confirm a therapist you would like to work with is in your network and to find out what your co-pay will be. Below is a list of clinics offering in person and/or telehealth options:

- **Bluestone Psychological Services** – 425.775.4059, bluestoneps.com
- **Cascades Wellness Center**- 206.594.0577, cascadeswellness.com
- **Evidence Based Treatment Center of Seattle** – 206.374.0109, ebtseattle.com
- **LifeStance Health** – lifestance.com
- **Mindful Therapy Group** - 425.640.7009, mindfultherapygroup.com
- **Seattle Mindfulness Center** - seattlemindfulnesscenter.com/psychotherapy
- **Seattle Psychology** - 206.420.4701, seattlepsychology.com
- **Psychology Today:** psychologytoday.com. You can narrow down the search by insurance, zip code, and other preferences.

Resources for patients with Medicaid: Below is a list of clinics that offer in-person and/or telehealth options.

- **Navos:** 206.248.8226, navos.org
- **Sound Health:** 206.901.2000, visit online at sound.health
- **Valley Cities:** 253.833.7444, valleycities.org
- **Psychology Today:** psychologytoday.com. You can narrow down the search by choosing Medicaid, Molina (Apple Health)

Support Groups

A support group is a way to meet people who have gone through similar cancer experiences. It offers a safe place for you to talk about your feelings, share information, and learn to cope with cancer-related challenges.

- **Cancer Survivor Network:** Offers peer support communities for patients, survivors, caregivers, families, and friends. To find a group, visit www.csn.cancer.org
- **CancerCare:** Offers support groups for patients and caregivers. All groups have start and end dates. To attend a group, you must register. Visit www.cancercare.org/support_groups
- **Cancer Lifeline:** Offers a variety of support groups, classes, and programs. Visit their website to see current courses and learn how to register. www.cancerlifeline.org
- **Cancer Pathways:** Offers support groups, classes, and social work support. Visit their website to learn more about their programs and resources. www.cancerpathways.org
- **Harmony Hill:** Harmony Hill offers 3-day cancer retreats at no cost to participants and caregivers impacted by cancer. Retreats help facilitate healing and connection with others. To find more information, visit www.harmonyhill.org

Peer Support Mentoring Programs

Peer programs offer support for patients and caregivers from someone who has been on a similar journey. This support is provided online or over the phone.

- **Imerman Angels:** www.imermanangels.org/get-support
- **4th Angel Mentoring Program:** www.4thangel.org

Caregiver Resources

Caregiver Action Network: This group helps caregivers to manage their health and well-being. The site gives tips for financial and medical benefits, support groups, respite care, newsletters, and more. www.caregiveraction.org/about

Family Caregiver Alliance National Center on Caregiving: This center offers national, state, and local programs for caregivers who provide long-term care at home. The site contains newsletters, fact sheets, advice, and online support groups. www.caregiver.org

Well Spouse Association: This site addresses the needs of spouses who are also caregivers. It offers blogs, articles, and events on many subjects. www.wellspouse.org

Other Resources

LIVESTRONG Foundation: This site provides brochures that offer resources to the physical, emotional, and day-to-day concerns of people affected by cancer after treatment. 855.220.7777, www.livestrong.org/what-we-do/living-after-cancer-treatment-brochure

National Coalition for Cancer Survivorship: This organization is dedicated to cancer survivorship, providing a wide range of resources and information for cancer survivors and their caregivers. www.canceradvocacy.org

Triage Cancer: This organization offers resources, materials, and events for people with cancer. They can help you navigate healthcare, insurance, employment, and finances. Visit: www.triagecancer.org

Returning to Work

Americans with Disabilities Act (ADA): The ADA is a federal law. This law protects workers with a disability if they can do their job with reasonable accommodations. Examples of accommodations are changing your work schedule or adding ramps to the workplace. The ADA must be followed by employers with 15 or more employees. To learn more, visit www.ada.gov

Cancer and Careers: This organization empowers and educates people with cancer. They provide expert advice, an interactive tool, and educational events. Visit: www.cancerandcareers.org

Family and Medical Leave Act (FMLA): FMLA allows you to take up to 12 work weeks of unpaid leave in a 12 month period. During FMLA leave, your job and benefits are protected. FMLA gives you time to take care of a spouse, parent, or minor child with a serious health condition, or to take personal medical leave. This law only applies when:

- An employer has 50 or more people employed within 75 miles.
- An employee has worked for at least 1,250 hours during the past year.

There are other available benefits, such as Employer Sponsored Insurance. For more information, talk with your employer or visit www.dol.gov/whd/fmla.

Job Accommodation Network (JAN): JAN offers free individual guidance on the ADA. They can help with accommodation solutions that support employers and individuals with health conditions and disabilities. Visit: askjan.org or call 1.800.526.7234

Paid Family and Medical Leave Act (PFMLA): Eligible Washington employees can take up to 12 weeks of paid time off through PFMLA.

- To take PFMLA, an employee must have worked at least 820 hours in Washington during their qualifying period.
- All work hours in Washington count towards your eligibility.

PFMLA can be taken for personal medical leave or to care for a spouse, parent, or minor child with a serious health condition. For more information, visit www.paidleave.wa.gov.

Social Security's Ticket to Work: This free program offers employment services. They help people return to work and provide career counseling, job placement, and training. They help Social Security disability beneficiaries achieve their career goals while allowing them to continue to receive disability benefits during the Trial Work Period (TWP). You can call them at 1.866.968.7842. To learn more about Ticket to Work, visit: choosework.ssa.gov/about

U.S. Equal Employment Opportunity Commission (EEOC): If you believe your employment rights have been violated due to your disability, you can file a complaint with the EEOC. You usually have 180 days from the day the discrimination happened to file a complaint. There are some exceptions, and your time limit could be as few as 45 days or as many as 300 days.

UWMC Rehab Counseling: Rehab counselors help you adapt to changes caused by your diagnosis. They can help you plan your return to work, school, and other activities. Please ask your provider for a referral.

Questions?

Your questions are important. Please contact your primary care provider who can help answer your questions or concerns.