

Your guide to   
**SUPPORT &**  
**RESOURCES**

**For people with early breast cancer**





## **Table of contents**

[Welcome](#) **3**

[Support for you](#) **4**

[Mind and body](#) **6**





# Helping you manage from day to day

This guide includes resources and services to turn to when you need a little extra support. Get help with everything from preparing healthy meals to finding someone to talk to who understands what you are going through. We hope you find this information useful in managing your day-to-day needs, so that you can focus on what matters most—taking care of yourself.





## Support for you

These organizations can help provide a variety of support services, including financial assistance, counseling, and career services. Ask your care team about services near you.

---

### **Breastcancer.org**

[www.breastcancer.org](http://www.breastcancer.org)

This organization helps patients and caregivers make sense of complex information about breast health and breast cancer so that they can make the best decisions for their lives.

### **Cancer Support Community**

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

Cancer Support Community (CSC) is a global nonprofit network with 190 locations. These locations, along with a toll-free helpline, digital services, and award-winning education materials, provide free support services to patients and families each year.

### **Young Survival Coalition**

[www.youngsurvival.org](http://www.youngsurvival.org)

Young Survival Coalition (YSC) is an international nonprofit dedicated to young adults diagnosed with breast cancer age 40 and under and their co-survivor support networks. Through resources, programming, conferences, and local and online support networks, YSC ensures no young adult faces breast cancer alone.

### **Cleaning for a Reason**

[www.cleaningforareason.org](http://www.cleaningforareason.org)

Cleaning for a Reason extends the gift of free house cleaning to cancer patients, with eligibility open to individuals of any gender and age, battling any type of cancer.



## **Support for you (continued)**

### **Cancer and Careers**

[www.cancerandcareers.org](http://www.cancerandcareers.org)

Helps people with cancer navigate work after a cancer diagnosis—whether in their current role or as they job search—by providing expert advice, interactive tools, and educational events all free of charge.

### **SHARE Cancer Support**

[www.sharecancersupport.org](http://www.sharecancersupport.org)

SHARE is a national nonprofit that supports, educates, and empowers anyone who has been diagnosed with breast or gynecologic cancers, and provides outreach to the general public about signs and symptoms. We are a compassionate community of knowledgeable survivors, those living with cancer, and health care professionals.

### **Support Connection**

[www.supportconnection.org](http://www.supportconnection.org)

A not-for-profit organization that provides emotional, social, and educational support to women and their families and friends affected by breast, ovarian, and gynecological cancer.





## Mind and body

When you need emotional and personal support, these organizations can help. They provide services to help you cope with your concerns and learn about other approaches to health.

---

### **The Breasties**

[www.thebreasties.org](http://www.thebreasties.org)

The Breasties is the first all-inclusive nonprofit organization that creates community for survivors, previvors, stage 4 thrivers, and caregivers impacted by breast cancer. We're on a mission to support and improve the experiences of the cancer community through peer-to-peer connection, resources, and advocacy.

### **CancerCare**

[www.cancercares.org/services](http://www.cancercares.org/services)

Through CancerCare, professional oncology social workers provide free emotional and practical support for people with cancer, caregivers, and loved ones.

### **Stupid Cancer**

[www.stupidcancer.org](http://www.stupidcancer.org)

Stupid Cancer helps to empower everyone affected by adolescent and young adult (AYA) cancer by ending isolation and building community.

### **Unite for HER**

[www.uniteforher.org](http://www.uniteforher.org)

Unite for HER offers comprehensive support and resources for people with breast cancer to manage treatment side effects and symptoms, promoting and enhancing well-being for life.





## Mind and body (continued)

### National Cancer Institute

[www.cancer.gov](http://www.cancer.gov)

The National Cancer Institute (NCI), a component of the National Institutes of Health (NIH), is the nation's principal agency for cancer research. NCI's Cancer Information Service is a federally funded cancer education program that provides the latest and most accurate cancer information to patients, their families, the public, and health professionals. The Cancer Information Service provides personalized responses to specific questions about cancer. Access the program by calling 1-800-4-CANCER, or by using the LiveHelp instant-messaging service. Their phone and LiveHelp (online chat) hours are 9 AM - 9 PM ET, Monday through Friday. Their services are offered in English and Spanish. You can also contact them at <https://www.cancer.gov/contact>.

### [Explore more helpful resources](#)

All organizations listed are not-for-profit and/or government agencies and are independent from Novartis Pharmaceuticals Corporation. Novartis has no financial interest in any organization listed but may provide occasional funding support to these organizations. All descriptions are copyright of the respective organizations. Novartis is not responsible for the actions of any of these organizations. This is not an exhaustive list of organizations.

