

Your guide to  **SUPPORT & RESOURCES**

**For people with metastatic breast cancer**





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# 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

Talking to others who have experience meeting the challenges you are facing can help ease your concerns and answer your questions. These organizations provide one-on-one counseling and a support system when you need it.

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### **Living Beyond Breast Cancer**

[www.lbbc.org/mets](http://www.lbbc.org/mets)

Living Beyond Breast Cancer connects people with trusted breast cancer information and a community of support.

### **Metastatic Breast Cancer Alliance**

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

Metastatic Breast Cancer Alliance is dedicated to the unique concerns of the women and men living with metastatic breast cancer.

### **METAvivor**

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

METAvivor is dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer.

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

### **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.

### **Cook for Your Life**

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

Cook for Your Life teaches healthy cooking techniques to people with cancer. They can help you follow nutrition guidelines with practical, easy recipes designed specifically for different stages of treatment, as well as for healthy survivorship.





## 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.

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### **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.

### **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.

### **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>.





## Additional resources

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.

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### **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.

### **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.

### **Cancer and Careers**

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

Cancer and Careers 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.

[Explore more helpful resources](#)







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