



### **Emotional and Psychological Support**

A pancreatic cancer diagnosis requires emotional support as well as physical treatment. Here are some questions to help you start a discussion about support resources.

1. What social support systems, groups and resources are available to me during treatment?
2. Should I consider speaking with a mental health professional and, if so, how can I find one experienced in pancreatic cancer care?
3. How can I cope with feelings of anxiety or depression related to my diagnosis?
4. How can I identify when my emotional health is deteriorating and what steps should I take?

#### ***Specific approaches***

1. Are there complementary therapies, such as acupuncture, meditation, or massage, that are available to help with my emotional well-being?
2. What are some common emotional responses patients experience during treatment, and how can I manage them?
3. What support resources (books, websites) for emotional support you recommend for during my treatment?

#### ***Caregivers and family members***

1. Can you recommend any support groups or counseling services for caregivers?
2. Are there resources for family members to help them cope?