



### Emotional and Psychological Support

Whether in long-term treatment or after treatment has ended, you still face stress from your disease. Here are some questions to help you start a discussion with your doctor about finding emotional and psychological support.

1. What resources and support groups are available for emotional and stress issues such as anxiety, depression, physical or emotional challenges related to long-term effects of treatment, or fear of recurrence?
2. Should I start or continue to see a mental health professional, and how often?
3. What lifestyle changes can support my mental and emotional well-being?
4. How can I address any mental health concerns related to the fear of secondary health risks?
5. What educational materials can help me understand my post-treatment journey?