



FOR PATIENTS & CAREGIVERS

The Emotional Impact of a Cancer Diagnosis Can Be Significant

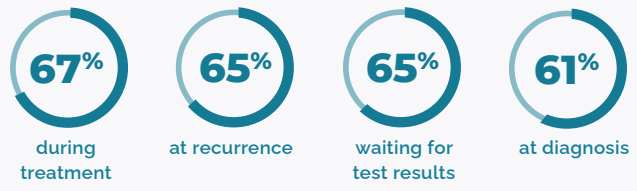
A diagnosis of cancer can be overwhelming. Anxiety, depression, isolation, and fear are just a few of the emotions experienced by cancer patients and their loved ones. If you are experiencing one or more of these emotions, know that you are not alone. These emotional impacts extend beyond patients themselves – affecting caregivers, family members, and friends.

Talking about mental health and emotional wellness with healthcare professionals is a vital part of your comprehensive cancer care. Accessing mental health tools and resources not only can help you during treatment, but they can also improve your overall quality of life and health outcomes.

Mental Health is an Integral Part of Quality Cancer Care

With support from BeOne, a recent Cancer Support Community (CSC) survey of more than 600 cancer patients in the U.S. who self-identify as having experienced an emotional or mental health concern brought to light some key insights and challenges:¹

Emotional distress is prevalent across the cancer continuum



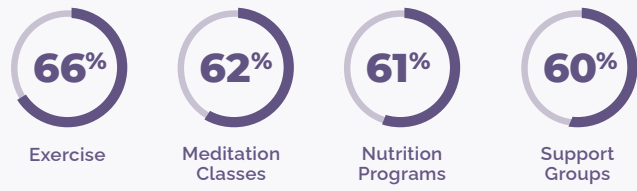
Even those who are post-treatment or have no current evidence of disease often experience some form of emotional distress.

Many patients are not receiving the mental health care they need.



Self-Care is an important part of the cancer journey.

While **58% of respondents received care** from a mental health professional and **48% were prescribed depression or anxiety medication**, many cancer patients want other services and activities to help reduce distress and improve emotional well-being.



Individual viewpoints and external access issues present barriers to mental health care.



Opportunities & Resources for People Living with Cancer

Seeking emotional support or counseling when you need it is an important and normal part of managing your cancer. Whether you speak with a mental health professional, join a support group, or access wellness programs, you can choose what works best for you.

The following is information that can help you to identify your needs and access resources and tools to get support:

- Emotional distress can be subtle (like not sleeping well) or more profound (like panic attacks or sense of hopelessness). It is important to not ignore or dismiss your emotional needs.
- Sharing your concerns with your medical team (doctor, nurse, social worker) is a good start. Discussing available resources, options (medications, counseling, support groups), and seeking referrals to mental health professionals should be part of your conversation.
- It is normal to have different needs at different points in your cancer journey. There is no right or wrong time to seek help.
- Mental health professionals may be available where you receive treatment, or you may seek support from local (or virtual) advocacy organizations. You can find a helpful list of resources on the *Talk About It* website – www.cancerandmentalhealth.com.
- Tools you might seek out include:
 - Counseling/therapy from a licensed mental health professional
 - Medications for anxiety/depression, prescribed by your physician or therapist
 - Support groups
 - Nutrition/exercise activities
 - Journaling/meditation

The Cancer Support Community is a global nonprofit organization that provides free emotional support, navigation, and resources to cancer patients and their loved ones. As part of their mission, they are dedicated to inspiring change that improves the cancer experience by engaging in research that sheds light on the realities of coping with a cancer diagnosis.

Share your voice with the Cancer Experience Registry at: www.cancersupportcommunity.org/registry



Talk About It: Cancer and Mental Health

BeOne believes mental health support can improve quality of life and health outcomes for people impacted by cancer. Created for patients and caregivers, healthcare professionals, and policymakers, our new program, *Talk About It: Cancer and Mental Health*, elevates the important intersection of mental health and cancer care. *Talk About It* features innovative empowerment strategies, advances public policy conversations, and inspires dynamic health equity initiatives to support people throughout their entire cancer journey.

Talk About It is guided by an advisory panel of experts in mental health, oncology, patient advocacy, and behavioral science who share BeOne's intention to systemically integrate mental health and wellness into quality cancer care.



**To learn more about *Talk About It*
or download resources, visit**

www.cancerandmentalhealth.com