2023 Mental Health and Wellness Resource Fair

Coping with your own or a loved one's cancer diagnosis can be extremely difficult. COLONTOWN has created this list of resources for our Mental Health and Wellness Resource Fair that can be useful for one's mental, psychosocial, or physical wellbeing.

There are many ways one can cope with a cancer diagnosis and no one program will work for everyone. We thought it was important to share resources for not only how to access therapy, but also find a sense of community, a mentor, local support, as well as the physical aspects of wellness to try and overcome some of the physical hardships of treatment and finding your zen.

Mental Health America

Mental Health America is the nation's leading national nonprofit dedicated to the promotion of mental health, well-being, and illness prevention. Our work is informed, designed, and led by the lived experience of those most affected. The MHA website has a multitude of resources available from crisis response, mental health tests, warm lines for telephone support, explanations about different mental health therapies and information as to how to find a licensed therapist near you.
https://mhanational.org

Imerman Angel's

Imerman Angel's provide free, personalized one-on-one cancer support for cancer fighters, survivors, previvors and caregivers. They connect cancer fighters, survivors, previvors and caregivers to Mentor Angels; cancer confidantes with similar stories and experiences. Their unique matching process is done by real people, not a system with an algorithm.

They intentionally match according to age, gender, cancer type and experience; so you know you are talking to someone who truly understands what you’re going through, in a supportive and empathetic environment.
https://imermanangels.org/
Chelsey Gomez - Oh You're So Tough

Cancer survivor and advocate, Chelsey Gomez used art therapy to get through her own diagnosis and has cultivated that into a large Instagram community. Through art and imagery, Chelsey has given her followers an outlet to share experiences and feelings related to their diagnoses and to educate wider audiences about difficult topics related to cancer. Followers of Oh You're So Tough really find that she breaks down the walls of isolation one can feel with their diagnosis.
https://www.instagram.com/ohyouresotough/

Cancer Wellness Center

The Cancer Wellness Center was started in 1989 in Skokie, Illinois, by three friends who were determined to build a reliable source of information and support for cancer survivors and others living with cancer. While they still have 2 locations within Illinois, they have also expanded their program offerings virtually to increase the number of patients they are able to reach. Their virtual programs include dietitian talks, reiki, yoga, mindfulness, pain management, art, managing stress, and writing workshops.
https://www.cancerwellness.org/
**Additional Resources**

**Cancer Support Community / Gilda’s Club**

Cancer Support Community is a relentless ally for anyone who is striving to manage the realities of this disruptive disease and get back to normal. No one can, or should, face cancer alone. While they have witnessed many significant advances in treating this devastating disease, nothing takes the place of the power, inspiration, companionship, and connection that comes from community. They are here to provide relevant and highly personalized support when and where it is needed most.

Cancer Support Community merged with Gilda’s Club and they are a local resource for cancer patients who are looking to connect with their peers in diagnosis. They offer support groups for patients and caregivers, classes in yoga and mindfulness, family fun nights, family camping trips. They are a worldwide organization with locations in many cities both large and small. To find a group near you, visit: [https://www.cancersupportcommunity.org/find-location-near-you](https://www.cancersupportcommunity.org/find-location-near-you)

**Zen Caregiving**

Zen Caregiving Project is a non-profit organization based in San Francisco, California with over 30 years of experience in practicing and teaching mindfulness-based, compassionate caregiving. They offer courses, workshops, and training for professional, family, clinical, and volunteer caregivers. They offer a number of free workshops and webinars on their website for caregivers looking for community as well as information on how to cope with their loved ones' diagnosis and not ignore their own mental wellbeing. [https://zencaregiving.org/](https://zencaregiving.org/)

**Cancer Care**

Professional oncology social workers provide free emotional and practical support for people with cancer, caregivers, loved ones and the bereaved. They have in-person workshops in the US North East, as well as a number of virtual options available for patients globally. Their workshops include everything from support groups with licensed social workers through virtual movie nights and book clubs. [https://www.cancercare.org/services](https://www.cancercare.org/services)
Look Good… Feel Better

Look Good Feel Better is dedicated to improving the quality of life and self-esteem of people undergoing cancer treatment. The program offers complimentary group and virtual sessions that teach beauty techniques to help people with cancer to face their diagnosis with greater confidence. Look Good Feel Better is a global organization with both international in-person locations as well as worldwide virtual options available for cancer patients. [https://lookgoodfeelbetter.org/about/](https://lookgoodfeelbetter.org/about/)

A Time To Heal Foundation

We provide support, education, and empowerment so that cancer survivors and their caregivers may create their best lives. They provide virtual sessions as well as have recorded sessions on their website on the topics of coping with survivors guilt, grieving, intimacy, sleep, and meditation and mindfulness. They also have virtual survivorship and brain fog programs. The classes themselves are free, but the organization does ask that you be available for all registered sessions. [https://atimetohealfoundation.org/](https://atimetohealfoundation.org/)

Health Well Foundation

The Health Well Foundation is a non-profit helping Americans with funds to access medical care. While not directly related to Mental Health or Wellness, they do have a fund for cancer related behavioral health, where the funds can be used by cancer patients to access services like counseling, psychotherapy, prescriptions or transportation to those types of appointments. The maximum funding awarded is $2000. For more information or to apply, please visit: [https://www.healthwellfoundation.org/](https://www.healthwellfoundation.org/)