Imberman Angels is here for you!

How to Contact Imberman Angels:
- Call: (877) 274-5529 Monday to Friday, 9 am to 5 pm CST
- Leave a message 24/7 and we'll call you back:
  Call (877) 274-5529 to leave a message 24 hours a day, seven days a week. A Cancer Support Specialist will return your call the next business day.

Visit https://imermanangels.org/ to access the following:
- Request Support [Click here for form]
- Become A Mentor [Click here for form]
- Stay up to date with our Blog [Click here to access]

Imberman Angels' Online & Virtual Support during the COVID-19 Outbreak

WE ARE HERE FOR YOU. While the information with COVID-19 is changing, our mission at Imberman Angels is not. We are continuing to provide our community with comfort and understanding through making connections with someone who has been there. Use this resource guide to learn how to enhance communication with your Mentor and/or Mentee, explore various links to answer questions, and make a difference today by sharing your story with us to inspire others. Speak one-on-one with a Cancer Support Specialist who can assist you today.

STAYING CONNECTED VIRTUALLY

Continue reading for tips on how to stay connected virtually during these uncertain times. We'll show different application to check out to keep you connected.

CANCER & COVID-19

Explore information by clicking on these links:
- Coronavirus LIVE Ask the Experts
- How Families Can Cope

Click the cancer type to see upcoming and past "Ask the Expert" Webinars

EXPLORE CDC RESOURCES

Explore information by clicking on these links:
- If You Are at Higher Risk
- How to Clean and Disinfect
- What To Do If You Are Sick
- Keeping the Workplace, School, & Home Safe
How to Stay Connected Virtually

With ever-changing safety protocols emerging as a response to COVID-19, people are trying to figure out how to adjust to social distancing. Social distancing is an important step we can all take to minimize our contact with other people in an effort to “flatten the curve,” or decrease the spread of COVID-19, especially to more vulnerable communities like cancer fighters, survivors and their families.

Imberman Angels is all about making connections, so it is important for us to share information about how our Support Seekers and Mentor Angels can stay connected in a time where face-to-face interactions are not recommended. The good news is, there are plenty of other options beyond in-person meetings and phone calls that allow people to stay connected and continue to offer support at a time where we need it most.

Programs and applications like Google Hangouts and Skype are a great way to stay connected with your Mentee or Mentor Angel, or other friends and family you are not currently living with.

Virtually Communicate

### Google Hangouts
- Open [hangouts.google.com](http://hangouts.google.com) or on the sidebar in Gmail.
- Select a person from the Hangouts list or search for their name or email address.
- When you find the person you want, click their name. You can also check multiple people to start a group video call.
- Click Video call to start the chat.
- When you’re done, click End call.

### Skype
- Go to [www.skype.com](http://www.skype.com)
- Click “Sign In” and find the prompt that says “New to Skype? Sign Up”.
- Click to create your Skype account
- Download the Skype application directly to your desktop, laptop or mobile device
- Sign in to your Skype account and you are ready to make calls!

### WhatsApp
The app WhatsApp, owned by Facebook, is a free texting app that allows you to message people in other countries while bypassing the fees of an international phone plan.
- You can also use it on the web on your desktop or laptop. Click here for a video on how to use WhatsApp features: [Click Here](https://faq.whatsapp.com/)
- Click here for the WhatsApp FAQ page: [https://faq.whatsapp.com/](https://faq.whatsapp.com/)

### Social Media
In addition to sharing photos and videos, Social media platforms allow you to send a direct message through Facebook Messenger, Twitter or Instagram to start a conversation. Facebook Messenger even has capabilities for video chat!
- Click here for the official Facebook Messenger help center where you can find answers to frequently asked questions.

Cancer and Careers
Resources, Rights, and Expert Advice

Click Here

Family Caregiver Resources
Tips for Caregivers during COVID-19

Caregiver Action
National Health Council
Explore this collection of recorded webinars that focus on getting information to you and your loved ones about the latest findings about the virus, and bringing you advice from the leading experts in specific cancers to help you deal with the stresses of managing your own health and overall well-being.

Through a special series of webinars, experts in specific cancers answer your questions to help you through this difficult time. These webinars can be viewed through replays. Click on the cancer types below to access the webinars.

**RECORDED WEBINARS:**

- Myeloma (Pt2)
- Prostate
- Lung
- MPN (Pt2)
- Breast
- MPN (Pt1)
- CML
- CLL (Pt1)
- CLL (Pt2)
- Myeloma (Pt1)
- MPN (Pt1)
- Pancreatic
- Cancer & COVID-19
- Ovarian
- Sarcoidosis
- Caregiver Support
- Bone Marrow/Stem Cell Transplant Patients and Families
- COVID-19 Concerns
- Cancer & COVID-19 Patients and Families
- COVID-19 Facts in 30+ Languages
- Spanish COVID-19 Resources

For More Answers to Your Questions

CLICK HERE

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**Coping With Stress & Anxiety**

- Click and download Mental Health Apps to help manage stress, anxiety, and depression

- Try Yoga for Cancer-Related Anxiety [HERE]
- **April 25:** Virtual, free Cancer & Your Mental Health Summit [HERE]
- Learn more by clicking the links below:
  - Cancer & COVID-19: Coping With Anxiety
  - Coping with Social Isolation & Fear Webinar
  - Self Care Resources
  - Families Coping With the Coronavirus

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**REPUTABLE COVID-19 RESOURCES**

Patient Power's Guidance for Cancer Patients & Family Members: [Click Here]


CDC SPANISH Resources: [Click Here]

CDC If You Are at Higher Risk: [Click Here]

CDC/SAMHSA's DISASTER DISTRESS HELPLINE: 1-800-985-5990 or text TalkWithUs to 66746

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