

**Imerman Angels is here for you!**

Connect with

CANCER

fighters  
survivors  
caregivers

like you.

Text **SURVIVORSHIP** to **51555**  
to learn more about Imerman Angels

## Imerman 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 Imerman 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.

### How to Contact Imerman 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 [\[Click here to access\]](#)

### 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

[CLL](#) [Myeloma](#) [MPN](#) [Breast](#)  
[Lung](#) [Prostate](#) [CML](#) [Lymphoma](#)

### 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.

Imerman 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](https://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](https://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!



My mentor came at the exact right time for me and has been a wonderful support. Because my cancer is so rare I haven't found anyone who has had it, much less in a similar season of life. It has been such a blessing to have my mentor talk me through different feelings and situations.

[LEARN MORE](#)



**NOW'S THE TIME**  
**Share Your Story**  
CALL (877) 274-5529 OR  
[CLICK TO SHARE](#)

### 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](#)
- Click here for the WhatsApp FAQ page: <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 live and 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 live or through replays. Click on the cancer types below to access the webinars.

## 🕒 THIS WEEK'S LIVE WEBINARS:

[Myeloma](#) [CML](#) [CLL \(Pt2\)](#)  
[Navigating Your Care in Uncertain Times](#)  
[Bone Marrow/Stem Cell Transplant Patients and Families](#)  
[Ovarian](#) [Pediatric Survivors](#)

## RECORDED WEBINARS:

[Prostate](#) [Lung](#) [MPN \(Pt2\)](#) [Breast](#) [MPN \(Pt1\)](#)  
[Myeloma](#) [CLL \(Pt1\)](#) [How Families Can Cope](#)  
[Brain](#) [Sarcoma](#) [Melanoma](#) [Head & Neck](#)  
[COVID-19 Concerns](#) [Mindfulness](#) [Pancreatic](#)  
[Cancer & COVID-19](#)

## For More Answers to Your Questions

CLICK HERE

## Coping With Stress & Anxiety

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

[CALM](#)

[INNERHOUR](#)

[ROOTD](#)

[MOODPATH](#)

[MINDSHIFT](#)

- 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](#)
- [Self Care Resources](#)
- [Coping with Social Isolation & Fear Webinar](#)
- [Families Coping With the Coronavirus](#)

## REPUTABLE COVID-19 RESOURCES

Patient Power's Guidance for Cancer Patients & Family Members: [Click Here](#)  
CDC Real time Updates: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
CDC If You Are at Higher Risk: [Click Here](#)

**CDC/SAMHSA's DISASTER DISTRESS HELPLINE:**  
1-800-985-5990 or text [TalkWithUs](#) to 66746