

Psychosocial Support

Resource Guide

WINTER 2025



Community Event Series

 MARCH 25  6:00 PM CT

Psychosocial Support 101

What is psychosocial support? Can it affect your cancer treatment? How can you utilize it to help your loved ones, patients and yourself? Join Kauser Ahmed, PhD, and Guy Maytal, MD, for a live, virtual discussion on Tuesday, March 25 to explore common psychosocial challenges faced by cancer patients, as well as strategies for providing compassionate care, improving patient quality of life and fostering a holistic approach to treatment.

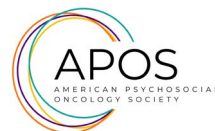
This is a FREE event held in partnership with the American Psychosocial Oncology Society (see page 4). Please register using the link below.



Guy Maytal, MD,
Chief Medical Officer,
Forge Health



Kauser Ahmed, PhD,
Clinical Psychologist



[REGISTER](#)

Psychosocial Support Resources

DESCRIPTION	LINK
In It Together - Caregiving Podcast	Listen
Meet The Experts: Self Compassion Skills	Watch
Campfires Of Hope: Stories Of Cancer Podcast	Listen
Five-Part Webinar: Caregivers Of AYA Patients	Watch
Cancer Psychosocial Care	Read
Cancer Stress Management	Read
Quick Guide To Accessing Mental Health Care	Read
Coping With Cancer	Watch
Empowering Tips To Navigate Cancer	Watch
Write For Life: Communicating Your Way Through Cancer	Watch
Resilience - Thriving Not Just Surviving	Watch
The Cancer Caregiver Podcast	Listen
The Illini 4000 Portraits Project	Watch
RESTORE Wellness Program	Read
Self-Care Workshop For Caregivers	Watch
Care Partner Support	Read
Not Cashing In My Chips: Living With Cancer	Watch
Supporting The Patient: Caregiving Takes A Village	Watch
Don't Burn Your CAKE: Embracing Life's Challenges	Watch
Strap On Your Oxygen Mask First: Being A Parent With Cancer	Watch
Managing Stress: How Stress Affects You And Ways To Cope	Read
Each New Day	Read
Mental Health Booklet	Read
Expert Tips For Dealing With Body Image Insecurities	Read

Psychosocial Support Events

**All events listed are offered virtually unless noted otherwise*

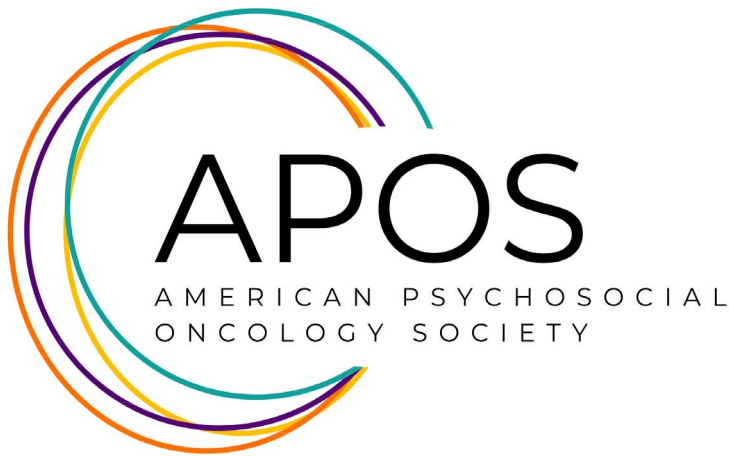
DESCRIPTION	DATE/TIME	LINK
Spring 2025 Summit For Bladder Cancer Patients And Families	3/7 & 3/8	Register
CURE's Educated Patient Breast Cancer Summit	3/8 at 9 am CT	Register
Medication Safety Matters: Speak Up For Your Health	LIVE 3/11 at 8 am CT	Register
The Intersection Of Grief And Hope	IN PERSON 3/27 at 6:30 p CT	Register
Perkatory 2025 Events	Ongoing	Register
Sitting Together In Empathy And Emotional Perseverance	First Tuesday, monthly 6p CT	Register
Facebook Group: Campfire Chats	Ongoing	Join



Because my mentor Ellie and I had the same kind of cancer, we understand each other. We don't have to explain things we normally would have to with others. We talk over the phone and don't think anything of the coughing during the call. When we were together, we didn't have to be self-conscious about our eating struggles. She is the one person that gets it, and I can't imagine my life without her now."

- Bernadette, Support Seeker,
Stage 4 Tongue Cancer

Partner Spotlight



The American Psychosocial Oncology Society (APOS) is the multi-disciplinary home for professionals who work with patients and families navigating cancer diagnosis, treatment and post-treatment life. APOS fosters the spirit of collaboration by creating an inclusive environment for the exchange of diverse views and expertise among its multi-disciplinary members and community partners to advance its mission.

[LEARN MORE](#)

“



Imerman Angels' matching system is a beautiful way to pair patients who have the most in common. It's natural that friendships and lifelong bonds can develop as mentors and mentees hold hands through all that is cancer, whether they actually meet in person or communicate from thousands of miles away."

– Ilisha, Mentor Angel,
Stage 4 Pancreatic Cancer

Additional Resources

ADOLESCENTS AND YOUNG ADULTS (AYA) RESOURCES

[Free Books For Young Children To Understand A Parent's Cancer](#)

[Inclusive Family Building For Those Touched By Cancer](#)

[Unpacking Cancer From The Back Pack](#)

[Healing Through Writing Workshops](#)

[Virtual Connections For Kids With A Parent With Cancer](#)

[Collection Of Photovoice Videos](#)

[Dating After A Cancer Diagnosis Podcast](#)

[Parenthood Options For Infertile Survivors](#)

[Camp Kesem - Summer Camp For Children](#)

[Elephants And Tea Virtual Happy Hour](#)

[Dear Jack Foundation Community](#)

[Wellness Retreats - For Survivor And Their Partner](#)

[Family Cancer Support Kit](#)

[Emotional Support Resources For AYA Patients And Survivors](#)

[Mental Health After Cancer](#)

[Discussion Sessions](#)

[It's Me, Hi! Rediscovering Yourself After Cancer](#)

[Poetry As A Coping Tool](#)

BILINGUAL RESOURCES

[Recursos En Español](#)

[Cancer De Tiroides](#)

[Videos En Español Acerca De Radioterapia](#)

[Cancer Care En Español](#)

[Lidiar Con Los Efectos Secundarios En El Trabajo](#)

[Dra. Rita Lepe, Especialista en Hígado Y Transplantes](#)

[Cómo Tomarse Tiempo Libre Con Goce De Sueldo](#)

[Decisiones Dobre La Divulgación](#)

[Opciones Cuando Pierde Su Seguro Médico Vinculado Al Trabajo](#)

[Kidney Cancer - Translated](#)

CANCER-SPECIFIC RESOURCES

[Brain Tumor Support Groups For Patients And Caregivers](#)

[Addressing Emotional Well-Being During Breast Cancer](#)

[Talking With Your Healthcare Team - Lymphoma](#)

[Free Support Line For Bladder Cancer Patients And Loved Ones](#)

[Physical And Psychosocial Sexual Health After Bladder Cancer](#)

[Podcast: The Lifeline Every Bladder Cancer Patient Needs](#)

Additional Resources

CANCER-SPECIFIC RESOURCES (con't)

[Managing Fear And Anxiety That Can Accompany Bladder Cancer](#)

[Stories Of Hope, Adaptation, Resilience And Empowerment](#)

[How Do I? Video Series](#)

[LLS Online Community Support Group](#)

[Navigating Multiple Myeloma Together](#)

[Navigating Mental Health And CLL](#)

[Healing Through Writing: An Odyssey Through AML](#)

[Mental Health And Myeloma: A Story of Resilience](#)

GENETICS

[Understanding Genetic Mutations & Biomarkers In Ovarian Cancer\)](#)

[Decoding Genetic Tests for Parents-To-Be](#)

[What If I Test Positive For Genetic Mutations - Should I Tell My Family](#)

[What is Genetic Counseling and Genetic Testing? What are Previvors?](#)

RESEARCH & CLINICAL TRIALS

[Diet & Exercise May Prevent Colorectal Cancer Recurrence \(Study\)](#)

[Self-Perception And Intimacy After The Cancer Experience \(Study\)](#)

[Research Opportunity For Ovarian Cancer Patients](#)

[Why Prostate Cancer Patients Should Consider Participating In A Clinical Trial](#)

[Understanding Clinical Trials In Ovarian Cancer](#)

[Open Clinical Trials For Those Positive For The BRCA GENE](#)

[Participate In The Inherited Cancer Registry \(ICARE\)](#)

[Research Opportunity For Ovarian Cancer Patients](#)

[Exploring Awareness Of Fertility Preservation Options In Patients Receiving Treatments That May Affect Fertility](#)

[Black Women + Cancer Study](#)

[Paid Research Study Lynch Syndrome](#)

[Demystifying Clinical Trials: A Comprehensive Guide To The Science Of Hope \(Podcast\)](#)

[Caregivers Of Young Adult Cancer Patients](#)

[Can An Online Therapy Program Treat Sexual Difficulties in Gynecologic Cancer Survivors?](#)



Imerman Angels Grief ToolKit

A guide to coping and
supporting the grief process.

[DOWNLOAD](#)

List of helpful cancer
related resources.

[Resource Page + Videos](#)

[Request Brochures](#)

[Shop Imerman Angels](#)

Become a Mentor Angel

Join our worldwide cancer support community as a Mentor Angel and provide personalized, one-on-one support for cancer fighters, survivors, previvors and caregivers.

[LEARN MORE](#)



Share your journey

Everyone has a story to tell. It only takes one story to inspire and provide hope to others. Whether it is a story of survivorship or your experience as a caregiver, others like you will find comfort in knowing they are not alone.

[SHARE YOUR STORY](#)

Connect with us

Imerman Angels
2001 N. Halsted, Suite 302
Chicago, IL 60614

Toll Free Number
866-IMERMAN (463-7626)

imermanangels.org
info@imermanangels.org

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[youtube.com/user/imermanangels](https://www.youtube.com/user/imermanangels)

vimeo.com/user85396031

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