

DISCLAIMER: These resources do not replace medical advice or treatment and are for informational purposes only. For financial assistance resources, please check to see if you are eligible and if funds are available. If you are unable to go to the link by clicking try copying and pasting the link. If you find any problems with links please let me know.

## Breast Cancer-----General Information

- American Breast Cancer Foundation's video about breast cancer  
<http://www.youandbreastcancer.com/en-bc/home>
- American Breast Cancer Foundation's book about breast cancer  
<https://www.wiley.com/en-us/Detecting+and+Living+with+Breast+Cancer+For+Dummies-p-9781119272243>
- <https://bcaction.org/resources/ask-zoe>
- [www.breastcancer.org/](http://www.breastcancer.org/)
- [www.cancer.gov/types/breast](http://www.cancer.gov/types/breast)
- [www.cancer.net/](http://www.cancer.net/) (general cancer information including breast cancer)
- [www.cancer.net/cancer-types/breast-cancer](http://www.cancer.net/cancer-types/breast-cancer)
- [www.cancer.net/cancer-types/breast-cancer/additional-resources](http://www.cancer.net/cancer-types/breast-cancer/additional-resources)
- [www.cancer.org/treatment/index](http://www.cancer.org/treatment/index) scroll down, select breast cancer
- [www.cancersupportcommunity.org/learn-about-cancer-types/breast-cancer](http://www.cancersupportcommunity.org/learn-about-cancer-types/breast-cancer)
- <https://www.cancersupportcommunity.org/breast-cancer>
- [www.cbcf.org/central/AboutBreastHealth/Pages/default.aspx](http://www.cbcf.org/central/AboutBreastHealth/Pages/default.aspx) (Canadian Breast Cancer Foundation)
- [https://www.cdc.gov/cancer/breast/basic\\_info/what-is-breast-cancer.htm](https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm)
- [http://www.hopkinsmedicine.org/breast\\_center/patient\\_information/breast\\_cancer\\_resources.html](http://www.hopkinsmedicine.org/breast_center/patient_information/breast_cancer_resources.html)
- [https://www.medicinenet.com/breast\\_cancer\\_pictures\\_slideshow/article.htm](https://www.medicinenet.com/breast_cancer_pictures_slideshow/article.htm)
- <http://medicineworld.org/cancer/breast/index.html>
- <https://medlineplus.gov/breastcancer.html>
- <https://www.nationalbreastcancer.org/nbcf-programs/beyond-the-shock>
- [http://www.needymeds.org/copay\\_diseases.taf?function=summary&disease\\_id=48&disease\\_eng=Breast%20Cancer&dx=20](http://www.needymeds.org/copay_diseases.taf?function=summary&disease_id=48&disease_eng=Breast%20Cancer&dx=20)
- <https://sharsheret.org/breast-cancer/>
- [http://ww5.komen.org/uploadedFiles/Komen/Content/About\\_Breast\\_Cancer/Tools\\_and\\_Resources/Fact\\_Sheets\\_and\\_Breast\\_Self\\_Awareness\\_Cards/BreastCancerResources.pdf](http://ww5.komen.org/uploadedFiles/Komen/Content/About_Breast_Cancer/Tools_and_Resources/Fact_Sheets_and_Breast_Self_Awareness_Cards/BreastCancerResources.pdf)
- <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1>
- [www.verywell.com/breast-cancer-4014752](http://www.verywell.com/breast-cancer-4014752)
- [www.verywell.com/breast-pain-4014104](http://www.verywell.com/breast-pain-4014104)
- [www.webmd.com/breast-cancer/default.htm](http://www.webmd.com/breast-cancer/default.htm)
- <https://www.womenshealth.gov/breast-cancer/index.html>

## Breast Cancer—Diagnostic Testing

### *Mammogram Information*

- [www.breastcancer.org/symptoms/testing/ask\\_expert/question\\_02](http://www.breastcancer.org/symptoms/testing/ask_expert/question_02)
- <https://medlineplus.gov/mammography.html>
- [https://www.ucsfhealth.org/education/breast\\_health/mammograms/](https://www.ucsfhealth.org/education/breast_health/mammograms/)
- <https://www.womenshealth.gov/breast-cancer/screening-diagnosis-mammogram-breast-exam/>

### *Ultrasound Information*

- [ww5.komen.org/BreastCancer/Ultrasound.html](http://ww5.komen.org/BreastCancer/Ultrasound.html)

### *Biopsy Information*

- [www.cancer.org/treatment/understandingyourdiagnosis/examsandtestdescriptions/forwomenfacingabreastbiopsy/breast-biopsy-biopsy-types](http://www.cancer.org/treatment/understandingyourdiagnosis/examsandtestdescriptions/forwomenfacingabreastbiopsy/breast-biopsy-biopsy-types)

# Breast Cancer-----Breast Cancer Organizations

- After Breast Cancer Diagnosis (information & support) 800-977-4121  
<http://www.abcdbreastcancersupport.org/>
- American Breast Cancer Foundation (grants for breast screenings and diagnostic testing & resources)  
[www.abcf.org](http://www.abcf.org) 844-219-ABCF (2223)
- Breast Cancer Action 877-2-STOPBC <http://www.bcaction.org/>
- <http://thebreastcancercharities.org/>
- Breast Cancer Research Foundation (fundraising for research only) <https://www.bcrfcure.org/> (866) 346-3228
- Breast Cancer Support (support) <http://www.bcsupport.org/>
- Bright Pink (education & information) <https://www.brightpink.org/> 312-787-4412
- CancerCare (helps patients with many types of cancer & has breast cancer assistance)
  - Breast Cancer Assistance [https://www.cancercare.org/diagnosis/breast\\_cancer](https://www.cancercare.org/diagnosis/breast_cancer)
  - Triple Negative Breast Cancer) [https://www.cancercare.org/publications/193-caregiving\\_for\\_your\\_loved\\_one\\_with\\_triple\\_negative\\_breast\\_cancer](https://www.cancercare.org/publications/193-caregiving_for_your_loved_one_with_triple_negative_breast_cancer)
- Christina Applegate Foundation (RAW) (MRI assistance, information, & resource listing)  
<http://www.rightactionforwomen.org/> <http://www.rightactionforwomen.org/about-1/> [info@rightactionforwomen.org](mailto:info@rightactionforwomen.org)  
Apply for assistance 1-800-366-7741  
<https://www.patientservicesinc.org/patients/supported-illnesses/breast-cancer-screening-program>
- DONNA Foundation <https://thedonnafoundation.org/> (The DONNA CareLine 877-236-6626)  
<https://thedonnafoundation.org/contact/> (detailed contact information)
- I Have Wings Breast Cancer Foundation <https://ihavewings.org/> 859-743-3044
- Lazarex (clinical trials) <https://lazarex.org/about-us/> [receptionist@lazarex.org](mailto:receptionist@lazarex.org) 877-866-9523
- Living Beyond Breast Cancer (information & support <http://www.lbbc.org/> 855-807-6386 [mail@lbbc.org](mailto:mail@lbbc.org))
- Marisol Rivas Foundation <https://themarisolrivasfoundation.org/> 201-697-5979 [themariasolrivasfoundation@gmail.com](mailto:themariasolrivasfoundation@gmail.com)  
helps breast cancer patients in New Jersey and throughout the United States
- National Breast Cancer Foundation [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org/)  
[www.nationalbreastcancer.org/about-nbcf/nbcf-story](http://www.nationalbreastcancer.org/about-nbcf/nbcf-story)  
(education, information, assistance with screenings and diagnostic testing, patient navigator assistance, Hope Kit, funding research, & Metastatic Breast Cancer retreats)
- National Consortium of Breast Centers (resources) <https://www2.breastcare.org/national-breast-cancer-resources/>  
<https://www2.breastcare.org/about-the-nbc/>  
<https://www2.breastcare.org/breast-centers-db/> (finding a breast center near you)  
<https://www2.breastcare.org/breast-professionals-db/> (finding a breast professional near you)
- Pink Fund (The) <http://www.pinkfund.org/> <https://www.pinkfund.org/about/> (about the organization)  
(877) 234-7465 Assists with non-medical cost-of-living expenses to breast cancer patients in active treatment  
<https://www.pinkfund.org/qualification-guidelines/>
- Pink Ribbon Girls (CA, MO, OH) <https://www.pinkribbongirls.org/> 877-269-5367
- Pink Ribbon Riders (MI, MN, ND, NY, WI, & WY) <https://www.pinkribbonriders.com/>
- Sharsheret (support & information) <https://sharsheret.org/breast-cancer/> 866-474-2774  
<https://sharsheret.org/who-we-are/mission-statement/>
- Sisters Network, Inc. (financial assistance, mammograms & ultrasounds) <http://www.sistersnetworkinc.org/>  
<http://www.sistersnetworkinc.org/mission.html> (about the organization)  
<http://www.sistersnetworkinc.org/programs.html> (program information)  
[infony@ sistersnetworkinc.org](mailto:infony@ sistersnetworkinc.org)  
713-781-0255 866-781-1808
- Susan G. Komen Foundation (information, resources, & support) 877-GO KOMEN (877-465-6636)  
<http://ww5.komen.org/>  
Find A Local Affiliate of Susan G Komen <http://ww5.komen.org/Affiliates.aspx>  
<https://ww5.komen.org/AboutUs/AboutUs.html> (about the organization) [helpline@komen.org](mailto:helpline@komen.org)
- Triple Negative Breast Cancer Foundation <https://www.tnbcfoundation.org/> 877-880-TNBC (8622)

## Breast Cancer-----Breast Cancer Organizations (*continued*)

- Triple Step Toward The Cure (Triple Negative Breast Cancer) <http://triplesteptowardthecure.org/> 424-258-0313  
Support & financial assistance (childcare, copayments, childcare, prosthetics, wigs, housekeeping, rent, groceries, utilities, & meal delivery)  
<http://triplesteptowardthecure.org/who.php> (about the organization)  
<http://triplesteptowardthecure.org/how.php> (programs & how they help)
- Young Survival Coalition (information & support) 877-972-1011 <https://www.youngsurvival.org>  
<https://www.youngsurvival.org/who-we-are> (about the organization)

### *Male Breast Cancer*

- <http://malebreastcancercoalition.org/> <https://www.malebreastcancer.org/> [www.menagainstbreastcancer.org](http://www.menagainstbreastcancer.org)
- <https://www.hisbreastcancer.org/> <https://sharsheret.org/breast-cancer/for-men/>
- <https://www.cancercare.org/support-groups/154-susan-g-komen-male-breast-cancer-patient-support-group>

### *Younger Women*

- <https://youngsurvival.org>
- [www.lbcc.org/young-women](http://www.lbcc.org/young-women)
- <https://breastcancernow.org/information-support/support-you/younger-women-together-0>
- <https://breastcancernow.org/information-support/facing-breast-cancer/breast-cancer-in-younger-women>
- <https://www.dana-farber.org/young-and-strong-program-for-young-women-with-breast-cancer/>
- <https://www.cancercare.org/support-groups/24-young-women-with-breast-cancer-support-group>

## Breast Cancer-----Comfort Pillows (also called mastectomy pillows)

### *Pillows used for comfort during breast cancer treatment and recovery*

You can search [www.etsy.com](http://www.etsy.com) and [www.pinterest.com](http://www.pinterest.com) for where to buy these and how to make these.

- [https://www.etsy.com/market/breast\\_cancer\\_pillow](https://www.etsy.com/market/breast_cancer_pillow)
- <https://www.pinterest.com/bccare/mastectomy-pillows-and-cushions/> (Pinterest mastectomy pillows)
- <https://www.survivormoda.com/>
- <https://www.verywellhealth.com/comfort-pillows-breast-cancer-recovery-430551> (different types of comfort pillows)
- <https://www.youtube.com/watch?v=T6wt29PZLaM> (WBAL News in Baltimore, MD 2016 story about women making comfort pillows for breast cancer patients)
- <http://nymag.com/strategist/article/breast-cancer-surgery-recovery-products.html> (breast cancer recovery products including pillows)
- <https://billowglobal.com/>
- <http://moonlightpillows.com/>

# Breast Prostheses & Bras

- General Information About Breast Prostheses
  - <https://www.verywell.com/breast-prostheses-overview-430215>
  - <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/prostheses.html>
  - <http://www.breastcancer.org/treatment/surgery/reconstruction/prosthetics>
  - <https://www.cancer.org/cancer/breast-cancer/reconstruction-surgery/breast-reconstruction-alternatives.html>
  - <http://www.cancer.net/blog/2015-06/choosing-breast-prosthesis-survivors-perspective>
- American Cancer Society Resources – Breast Prostheses 800-227-2345 <http://www.cancer.org/>  
Ask for help in locating breast prostheses and bras. I was advised by an ACS employee that they have a database of providers around the U.S.
- CancerCare (assistance in CT, NJ, NY) [www.cancercare.org/community\\_programs#](http://www.cancercare.org/community_programs#) [info@cancercare.org](mailto:info@cancercare.org)  
For other parts of the country call 800-813-HOPE (4673) and ask for assistance.
- Donate Bras [www.donatebras.org](http://www.donatebras.org)
- Kentucky Cancer Link [www.kycancerlink.org](http://www.kycancerlink.org) 877-597-4655 (Kentucky residents only)
- Triple Step Toward The Cure (Triple Negative Breast Cancer) <http://triplestepowardthecure.org/> 424-258-0313  
Support & financial assistance (childcare, copayments, childcare, prosthetics, wigs, housekeeping, rent, groceries, utilities, & meal delivery)  
<http://triplestepowardthecure.org/who.php> (about the organization)  
<http://triplestepowardthecure.org/how.php> (programs & how they help)
- <https://www.knittedknockers.org/>
- Pink Heart Funds <https://pinkheartfunds.org/> 228-575-8299  
<https://pinkheartfunds.org/services/breast-prosthetics-program/>
- Making your own prosthetic clothing
  - <http://mastectomysolutions.com/>
  - <https://www.threadsmagazine.com/2009/01/25/adapt-a-bra-to-accommodate-a-prosthesis>
  - <http://ultimatebraguide.com/bras/mastectomy-bra/>
  - <https://community.breastcancer.org/forum/82/topics/746959>
- Some Businesses That Sell Breast Prostheses & Related Clothing
  - My Brighter Side <http://www.mybrighterside.com/prosthesis/>
  - Special Swimwear <http://www.mastectomyshop.com/categories/Swimwear/>
  - TLC Direct [www.tlcdirect.org/](http://www.tlcdirect.org/)
  - Amoena [www.amoena.com/us-en/](http://www.amoena.com/us-en/)
  - Nearly Me <http://nearlyme.org/>

# Breast Reconstruction

- My Hope Chest (Breast Reconstruction) <http://www.myhopechest.org/> (727) 488-0320  
<https://www.myhopechest.org/about-us> (about the organization)  
[info@myhopechest.org](mailto:info@myhopechest.org)  
*Breast Reconstruction Information* <https://www.cancer.gov/types/breast/reconstruction-fact-sheet>
- <https://www.cancer.org/cancer/breast-cancer/reconstruction-surgery/should-i-get-breast-reconstruction-surgery.html>
- <https://www.cancer.org/cancer/breast-cancer/reconstruction-surgery/breast-reconstruction-alternatives.html>
- <https://www.breastcancer.org/treatment/surgery/reconstruction/finding-surgeon> (Choosing a qualified plastic surgeon – breast reconstruction)

## Breast Reconstruction-Laws

- [https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/whcra\\_factsheet.html](https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/whcra_factsheet.html)
- [http://breastreconstruction.org/breast\\_reconstruction\\_insurance\\_coverage.html](http://breastreconstruction.org/breast_reconstruction_insurance_coverage.html)
- <https://centerforbreastreconstruction.com/patient-rights/>
- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-health-insurance/health-insurance-laws/womens-health-and-cancer-rights-act.html>
- <https://prma-enhance.com/state-insurance-laws/breast-reconstruction-insurance-state-laws/> (state laws for breast reconstruction)

# BRCA Genetic Testing

## General Testing Info

- <http://www.cnn.com/2013/05/15/health/brca-expert-ga/index.html>
- <https://www.cancer.gov/about-cancer/causes-prevention/genetics/brca-fact-sheet>
- <https://www.knowbrca.org/Learn/genetic-counseling-and-testing>
- <http://ww5.komen.org/BreastCancer/GeneMutationsampGeneticTesting.html>
- <http://inthefamily.kartemquin.com/content/getting-tested>
- <http://www.mayoclinic.org/tests-procedures/brca-gene-test/home/ovc-20239556>
- <http://www.mayoclinic.org/tests-procedures/brca-gene-test/details/risks/cmc-20239563>
- <http://www.mayoclinic.org/tests-procedures/brca-gene-test/details/results/rsc-20239571>
- <https://medlineplus.gov/ency/patientinstructions/000690.htm>
- <https://myriad.com/patients-families/disease-info/breast-cancer/>
- <https://sharsheret.org/brcagenetics/brca/>
- <http://www.webmd.com/breast-cancer/breast-cancer-brca-gene-test#1>
- <http://www.webmd.com/breast-cancer/breast-cancer-brca-gene-test?vm=r#1>

## General Test Results

- [http://www.breastcancer.org/symptoms/testing/genetic/get\\_results](http://www.breastcancer.org/symptoms/testing/genetic/get_results)

## Positive Test Results

- <http://www.everydayhealth.com/columns/jennifer-litton-the-breast-doc/youve-tested-positive-for-the-brca-mutation-now-what/>
- <http://www.mayoclinic.org/tests-procedures/brca-gene-test/details/results/rsc-20239571>

## BRCA 1

- [http://www.ambrygen.com/sites/default/files/web/understanding\\_your\\_results/cancer/brca1\\_uyr.pdf](http://www.ambrygen.com/sites/default/files/web/understanding_your_results/cancer/brca1_uyr.pdf)

## BRCA 2

- [http://www.ambrygen.com/sites/default/files/web/understanding\\_your\\_results/cancer/brca2\\_uyr.pdf](http://www.ambrygen.com/sites/default/files/web/understanding_your_results/cancer/brca2_uyr.pdf)

## Negative Test Results

- <http://www.mayoclinic.org/tests-procedures/brca-gene-test/details/results/rsc-20239571>

## Testing Costs

- [http://www.breastcancer.org/symptoms/testing/genetic/facility\\_cost](http://www.breastcancer.org/symptoms/testing/genetic/facility_cost)

## Financial Assistance

- <https://www.myriadpro.com/for-your-patients/financial-assistance-programs/>
- <http://www.ambrygen.com/contact-us>
- <http://inthefamily.kartemquin.com/content/getting-tested>
- [http://www.facingourrisk.org/understanding-brca-and-hboc/information/finding-health-care/paying\\_for\\_testing/basics/insurance\\_coverage\\_for\\_testing.php](http://www.facingourrisk.org/understanding-brca-and-hboc/information/finding-health-care/paying_for_testing/basics/insurance_coverage_for_testing.php)
- <http://www.facingourrisk.org/understanding-brca-and-hboc/publications/newsletter/archives/2007winter/stricter-medicare-guidelines.php>
- <http://www.gopathgenetics.com/payment-options.html>
- <http://www.npr.org/sections/health-shots/2015/04/21/401246453/screening-tests-for-breast-cancer-genes-just-got-cheaper>
- <http://www.cnn.com/2013/05/15/health/brca-expert-ga/index.html>
- [http://www.breastcancer.org/symptoms/testing/genetic/facility\\_cost](http://www.breastcancer.org/symptoms/testing/genetic/facility_cost)

# Cancer Financial Assistance & Resources (Breast Cancer & General Cancer)

## Breast Cancer Financial Resources

- African American Breast Cancer Alliance <https://aabcainc.org/> 612-462-6813
- Bikers Against Breast Cancer [www.bikersagainstbreastcancer.com](http://www.bikersagainstbreastcancer.com) 973-819-3519 (M to F 9am to 5pm EST) helps with living expenses and food costs
- Breast Cancer.org <http://www.breastcancer.org/tips/paying>
- Cancer Resource Mama listing <https://www.cancerresourcemama.org/financial-assistance/diagnosis-specific-financial-assistance/breast-cancer-financial-assistance/>
- Catherine H. Tuck Foundation <https://catherinefund.org/Get-Help.html>
- Christina S Walsh Breast Cancer Foundation <http://www.christinaswalshbcf.org/Our%20Services.html>
- Genevieve Memorial Breast Cancer Recovery Grant (lodging expenses for women first diagnosed at age 40 or younger who are mothers and are caring for at least one child under 18 years) <http://www.genshelpinghands.org/genevieve-memorial-recovery-grant.html>
- Grant Guys Breast Cancer Financial Resource Listing <http://grantsguys.com/breast-cancer-financial-assistance/>
- Hopkins Breast Cancer, Inc. <http://hopkinsbcinc.org/about.php#assist> 301-585-8812
- PAN Foundation 1-866-316-7263  
<https://www.panfoundation.org/index.php/en/patients/assistance-programs/metastatic-breast-cancer>
- Pink Fund (The) <http://www.pinkfund.org/> (877) 234-7465
- Susan G Komen 877-465-6636  
<http://ww5.komen.org/Affiliates.aspx> (Find A Local Affiliate)  
<http://ww5.komen.org/BreastCancer/FinancialResources.html>  
<http://ww5.komen.org/uploadedFiles/Content/BreastCancer/Treatment/LinkingARMS.pdf>
- The Assistance Fund <https://tafcares.org/patients/covered-diseases/> 855-845-3663
- Linking A.R.M.S. (800) 813-4673
- Susan G Komen <http://ww5.komen.org/uploadedFiles/Content/BreastCancer/Treatment/LinkingARMS.pdf>
- United Cancer Support Foundation (helps nationally except IA, MI, MN, NY, & OR)  
865-474-1551 or toll free 855-622-6237 [info@unitedcsf.org](mailto:info@unitedcsf.org) [www.unitedcsf.org](http://www.unitedcsf.org)  
Monday to Friday 9 a.m. to 4 p.m.  
(TN only helps with free recliners just need to pick up) helps with breast exam, screenings, & diagnostic testing, and helps with cancer support
- <http://www.breastintentions.org/> (Chapters in IL, MA, NJ, NY)
- <http://www.survivorshipatoz.org/breastcancer/>
- Remember Betty <http://rememberbetty.com/> (helps nationally with many types of assistance for breast cancer patients)

## General Cancer Financial Resources

- <https://www.hemoncnc.com/financial-assistance-cancer-triangle/> (good general listing)
- AIH [www.aih.org](http://www.aih.org) (AZ, GA, IL, OK, & PA)
- American Cancer Society <http://www.cancer.org/> 888-227-6333  
Find A Local Office <https://www.cancer.org/about-us/local.html?viewmode=print>  
<https://www.cancer.org/treatment/support-programs-and-services/resource-search.html>
- Brenda Mehling Cancer Fund <http://www.bmcf.net/apply.htm>  
<https://www.youtube.com/watch?v=FsrbmFjWWz8>
- Cancer and Careers (Financial, Job, & Legal Info)  
<http://www.cancerandcareers.org/en/at-work/legal-and-financial>  
<http://www.cancerandcareers.org/en/at-work/legal-and-financial/financial-assistance-for-those-in-need>
- Cancer and Careers <http://www.cancerandcareers.org/en/at-work/legal-and-financial/financial-assistance-for-those-in-need> (has many links)
- Cancer Horizons (various types of assistance)

# Cancer Financial Assistance & Resources (Breast Cancer & General Cancer)

## General Cancer Financial Resources (continued)

- <https://www.cancerhorizons.com/financial-help-cancer-patients/>
- Needy Meds [www.needymeds.org](http://www.needymeds.org) (they have webinars about financial issues for patients including cancer patients and many more topics.  
<https://www.needymeds.org/webinar> (Needy Meds Webinar Listing)  
<https://www.youtube.com/channel/UCx7n5Fa174jgsOQESNVC46w> (Previously Recorded Needy Meds Webinars)  
<https://www.needymeds.org/subscription> (Sign up for Needy Meds Monthly Newsletter)
- CancerCare (Support, Financial Assistance) <http://www.cancercare.org/> 800-813-HOPE (4673)  
[http://www.cancercare.org/publications/339-managing\\_the\\_cost\\_of\\_cancer?utm\\_source=May+17+E-News&utm\\_campaign=May+17+eNews&utm\\_medium=email](http://www.cancercare.org/publications/339-managing_the_cost_of_cancer?utm_source=May+17+E-News&utm_campaign=May+17+eNews&utm_medium=email)

<https://www.cancercare.org/financial>

CancerCare A Helping Hand 2020 Guide

[https://media.cancercare.org/publications/original/178-helping\\_hand.pdf?utm\\_source=February+2020+E-News+&utm\\_campaign=Feb+%2720+eNews&utm\\_medium=email](https://media.cancercare.org/publications/original/178-helping_hand.pdf?utm_source=February+2020+E-News+&utm_campaign=Feb+%2720+eNews&utm_medium=email)

[https://www.cancercare.org/helpinghand?utm\\_source=February+2020+E-News+&utm\\_campaign=Feb+%2720+eNews&utm\\_medium=email](https://www.cancercare.org/helpinghand?utm_source=February+2020+E-News+&utm_campaign=Feb+%2720+eNews&utm_medium=email)

[http://www.cancercare.org/financial\\_assistance](http://www.cancercare.org/financial_assistance)

[http://www.cancercare.org/publications/60-finding\\_resources\\_in\\_your\\_community](http://www.cancercare.org/publications/60-finding_resources_in_your_community)

[http://www.cancercare.org/publications/62-sources\\_of\\_financial\\_assistance](http://www.cancercare.org/publications/62-sources_of_financial_assistance)

Financial Assistance Programs <http://www.cancercare.org/financial/information> (800) 813-HOPE (4673)

CancerCare Co-Payment Assistance Fund <http://cancercarecopay.org/> (866) 552-6729

[http://www.cancercare.org/publications/62-sources\\_of\\_financial\\_assistance](http://www.cancercare.org/publications/62-sources_of_financial_assistance)

- Cancer Services <https://www.cancerresources.org/> 1-800-401-9054 or 1-419-626-4548

- Fifth Season Financial

<https://www.fifthseasonfinancial.com/financial-help-for-cancer-patients-by-state/> (search by state)

<https://www.youtube.com/watch?v=grh5olqFffA>

- CFAC <http://www.cancerfac.org/> (includes information for all types of cancer)

- <http://www.cancerresourcemama.com/financial-assistance/diagnosis-specific-financial-assistance/breast-cancer-financial-assistance/>

- Cancer Hawk <http://cancerhawk.com/> <http://cancerhawk.com/category/financial-assistance-2/>

- Chemo Companions <http://chemocompanions.org>

- Cancer.Net

<http://www.cancer.net/navigating-cancer-care/financial-considerations/financial-resources>

<http://www.cancer.net/navigating-cancer-care/financial-considerations/understanding-costs-related-cancer-care>

(understanding costs)

<http://www.cancer.net/navigating-cancer-care/financial-considerations/health-insurance> (insurance)

<http://www.cancer.net/navigating-cancer-care/financial-considerations/glossary-cost-related-terms> (cost related terms)

- Cancer Support Community (Assistance & Referrals for Financial Resources) 888-793-9355

<http://www.cancersupportcommunity.org/resources>

Gilda's Club 888-793-9355 <http://www.cancersupportcommunity.org/search/node/gilda%27s%20club>

<http://www.cancersupportcommunity.org/blog/2015/06/celebrating-20-years-gildas-club-message-founder>

- Healthwell Foundation [www.healthwellfoundation.org](http://www.healthwellfoundation.org) 800-675-8416



# Cancer Financial Assistance & Resources (Breast Cancer & General Cancer)

## General Cancer Financial Resources (continued)

- Health Finder <https://healthfinder.gov/FindServices/SearchContext.aspx?topic=315>
- Livestrong [www.livestrong.org](http://www.livestrong.org) 1-855-220-7777  
<https://www.livestrong.org/we-can-help/planning-medical-care/transportation-and-other-cancer-support-services>  
(resources)
- Need Help Paying Bills Website [http://www.needhelppayingbills.com/html/help\\_with\\_cancer\\_bills.html](http://www.needhelppayingbills.com/html/help_with_cancer_bills.html)
- Needy Meds [www.needy meds.org](http://www.needy meds.org) 1-800-503-6897 978-281-6666  
[http://www.needy meds.org/copay\\_diseases.taf?function=summary&disease\\_eng=Breast+Cancer](http://www.needy meds.org/copay_diseases.taf?function=summary&disease_eng=Breast+Cancer)  
<https://www.youtube.com/watch?v=foCDqkHvc4g>  
<https://www.patientassistanzenow.com/>
- [http://www2.nycbar.org/Publications/pdf/engl\\_for\\_website.pdf](http://www2.nycbar.org/Publications/pdf/engl_for_website.pdf) (many resources for many types of cancer)
- Sharshet <https://sharsheret.org/resource/financial-assistance-2/> 866-474-2774
- The SAM Fund for Young Adults <http://www.thesamfund.org/> (866) 439-9365
- Stupid Cancer organization resources <http://stupidcancer.org/directories/money.shtml>
- Susan G Komen <http://ww5.komen.org/BreastCancer/FinancialResources.html>
- United Cancer Support Foundation (helps nationally except IA, MI, MN, NY, & OR)  
865-474-1551 or toll free 855-622-6237 [info@unitedcsf.org](mailto:info@unitedcsf.org) [www.unitedcsf.org](http://www.unitedcsf.org) Monday to Friday 9 a.m. to 4 p.m.
- USA.gov <https://www.usa.gov/help-with-bills#item-36707> (general medical bill assistance)  
<https://www.youtube.com/watch?v=mUa7F7z7qk0>
- [http://dhhs.ne.gov/publichealth/HealthNavigation/Documents/Financial\\_Resources\\_for\\_Breast\\_Cancer.pdf](http://dhhs.ne.gov/publichealth/HealthNavigation/Documents/Financial_Resources_for_Breast_Cancer.pdf)
- <https://tafcares.org/about-us/> <http://www.21stcenturycare.org/>
- <https://healthfinder.gov/FindServices/SearchContext.aspx?topic=315>
- <https://supportorgs.cancer.gov/searchresults.aspx>

## Cancer Information & Organizations-----General Cancer Organizations

- 21<sup>st</sup> Care <http://21stcenturycare.org/about-us/> 888-850-1622
- American Cancer Society [www.acs.org](http://www.acs.org) 800-227-2345  
<https://www.cancer.org/about-us/local.html?viewmode=print> (Find A Local Office)  
<https://www.cancer.org/treatment/support-programs-and-services/>
- Cancer Support Community <http://www.cancersupportcommunity.org/FindLocation#tab2> (find a location by state-----go to U.S. Locations) 1-888-793-9355 1-202-659-9709  
<http://www.cancersupportcommunity.org/learn-about-cancer> (Select Learn About Cancer)
- <https://medlineplus.gov/cancer.html>
- <https://www.nccn.org/patients/resources/>
- Beauty Foundation For Cancer Care <http://www.beautyfoundationnj.com/apply-for-a-grant/>
- <https://www.cancerresources.org/>
- CancerCare [www.cancercare.org](http://www.cancercare.org) 800-813-HOPE  
[https://media.cancercare.org/publications/original/178-helping\\_hand.pdf](https://media.cancercare.org/publications/original/178-helping_hand.pdf)  
[www.cancercare.org/connect\\_workshops](http://www.cancercare.org/connect_workshops) (upcoming workshops and previous podcasts about cancer topics)
- Cancer Hope Network <http://www.cancerhopenetwork.org/> 908-879-6518
- Cancer Information Service <https://www.cancer.gov/contact/contact-center> 1-800-4-CANCER
- Center for Disease Control <https://www.cdc.gov/cancer/index.htm>
- <https://www.canceradvocacy.org/>  
<https://www.canceradvocacy.org/resources/cancer-survival-toolbox/>
- Nancy's List [www.nancyslist.org](http://www.nancyslist.org) (many types of resources for cancer patients)
- National Institute of Health <https://www.cancer.gov/about-cancer>
- Livestrong [www.livestrong.org](http://www.livestrong.org) 1-855-220-7777  
<https://www.livestrong.org/we-can-help/livestrong-fertility>
- PBS Cancer Resources <http://www.pbs.org/wgbh/takeonestep/cancer/resources.html>
- R.A. Bloch Cancer Foundation <http://blochcancer.org/> 1-800-433-0464  
<http://blochcancer.org/resources/big-list-of-cancer-resources/>
- Foundation For Women's Cancer [www.foundationforwomenscancer.org/](http://www.foundationforwomenscancer.org/) 312-578-1439  
<http://www.oncolink.org/about/>
- <http://www.cancerandcareers.org/> <http://www.cancerfac.org/>
- <https://firefightercancersupport.org/request-assistance/>
- <http://www.webmd.com/breast-cancer/community-cancer-resources#3> (includes general cancer resources)
- <http://ulmanfund.org/>
- <https://www.cancerforcollege.org/>
- <https://unclineberger.org/unccn/patient-navigation/cancer-resources-from-the-nc-ona>

## Cancer Treatment-----Chemotherapy

- <http://www.cancercare.org/tagged/chemotherapy>
- Please see the Breast Cancer Info & Topics attachment

## Cancer Treatment-----Mastectomy

- <http://www.cancercare.org/tagged/mastectomy>
- Please see the Breast Cancer Info & Topics attachment

## Cancer Treatment-----Side Effects

- Please see the Breast Cancer Info & Topics attachment

## Charities & Nonprofits (Misc. General-----Also See Religious Social Services Section)

- [http://www.needhelppayingbills.com/html/charity\\_help\\_with\\_bills.html](http://www.needhelppayingbills.com/html/charity_help_with_bills.html)

# Childcare

- Check with the YMCA <http://www.ymca.net/contact-us/> and YWCA <https://www.ywca.org/> for any possible assistance with general financial needs and childcare
- CancerCare [www.cancercare.org](http://www.cancercare.org) (800) 813-HOPE (4673)  
<http://www.cancercare.org/financial/information>
- Triple Step Toward The Cure <http://triplestep towardthecure.org/> 424-258-0313
- See the Religious Social Services Section of this packet

## Children-----Explaining Cancer To Children (includes children's book listings)

### *Explaining Cancer To Children*

- <http://www.parents.com/parenting/moms/healthy-mom/6-ways-to-tell-your-kids-about-breast-cancer/?slideId=30132>
- [https://www.nccn.org/patients/resources/life\\_with\\_cancer/talk\\_to\\_children.aspx](https://www.nccn.org/patients/resources/life_with_cancer/talk_to_children.aspx)
- <https://www.verywell.com/how-to-tell-your-children-that-you-have-cancer-514230>

### *Children's Books About Cancer*

Check with your local librarian and check out your local public library website for resources.

- <http://www.cancercare.org/questions/74>  
<http://www.cancercare.org/tagged/children>
- <https://www.amazon.com/Cancer-Childrens-Books/s?ie=UTF8&page=1&rh=n%3A4%2Ck%3ACancer> (This has a listing of children's books about cancer.)
- [https://www.alexsslemonade.org/files/L2L\\_literature.pdf](https://www.alexsslemonade.org/files/L2L_literature.pdf)
- <http://www.someoneiloveissick.com/talking-to-your-children-about-cancer/talking-to-children-about-cancer/>
- <http://www.friendshipcircle.org/blog/2015/07/14/six-childrens-books-that-help-explain-about-anxiety-adhd-spd-cancer-and-autism/>
- <http://books.canyonbeach.com/inmommysgarden/>

### *Children's Books About Death and Bereavement*

- <https://www.theguardian.com/childrens-books-site/2015/feb/05/top-10-childrens-books-on-death-bereavement-holly-webb>

## Choosing A Cancer Center/Provider

- <https://www.cancer.gov/research/nci-role/cancer-centers>
- <https://www.cancer.gov/about-cancer/managing-care/services>
- <https://www.cancertodaymag.org/Pages/Summer2017/Choosing-a-Cancer-Center.aspx>
- <https://ww5.komen.org/BreastCancer/SelectingaHospital.html> <https://www.webmd.com/cancer/features/how-to-find-the-best-cancer-treatment#1>
- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team/choosing-a-doctor-and-a-hospital.html>
- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team.html>
- <https://www.cancer.net/navigating-cancer-care/managing-your-care/choosing-cancer-treatment-facility>
- [https://www.webmd.com/cancer-patient-care/default.htm?ecd=wnl\\_men\\_092518&ctr=wnl-men-092518\\_nsl-spn\\_1&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLklCh5G9L2F0%3d](https://www.webmd.com/cancer-patient-care/default.htm?ecd=wnl_men_092518&ctr=wnl-men-092518_nsl-spn_1&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLklCh5G9L2F0%3d)

### *Top Cancer Centers*

- <https://health.usnews.com/best-hospitals/rankings/cancer>
- <https://www.verywellhealth.com/best-hospitals-for-cancer-treatment-514514>
- <https://www.forbes.com/sites/matthewherper/2017/12/05/big-datas-top-breast-cancer-oncologists/#5b9f683e3891>

## Clinical Trials

Please see the links below for finding clinical trials. Ask your doctor or someone in the doctor's office such as a nurse navigator, patient advocate, or social worker for assistance in finding clinical trials. You can also check with large cancer organizations some of which are listed below. Please see the section "Breast Cancer – Breast Cancer Organizations" and "Cancer Information & Organizations – General Cancer Organizations".

American Cancer Society – Finding Clinical Trials

- <https://www.cancer.org/treatment/treatments-and-side-effects/clinical-trials/what-you-need-to-know/picking-a-clinical-trial.html>

ASCO (cancer.net) – Finding Clinical Trials

- <https://www.cancer.net/research-and-advocacy/clinical-trials/finding-clinical-trial>

National Cancer Institute (NCI) – Finding Clinical Trials

- <https://www.cancer.gov/about-cancer/treatment/clinical-trials/disease/breast-cancer>
  - <https://www.cancer.gov/about-cancer/treatment/clinical-trials/search>

Susan G Komen – Finding Clinical Trials

- <https://www.komen.org/breast-cancer/treatment/clinical-trials/>
  - <https://www.komen.org/breast-cancer/metastatic/clinical-trials/>

Other Pages with Clinical Trial Information

- [https://www.breastcancer.org/treatment/clinical\\_trials](https://www.breastcancer.org/treatment/clinical_trials)
  - [https://www.breastcancer.org/treatment/clinical\\_trials/find](https://www.breastcancer.org/treatment/clinical_trials/find)
- <https://www.webmd.com/breast-cancer/guide/breast-cancer-clinical-trials>
- <https://www.cancercenter.com/clinical-trials?type=trial&Location=CTCA%20Philadelphia>

## Clothing

- <http://julieslist.homestead.com/ClothingResources.html>
- [http://www.needhelppayingbills.com/html/clothing\\_closets.html](http://www.needhelppayingbills.com/html/clothing_closets.html)
- <https://www.dressforsuccess.org/>
- <http://www.goodwill.org/locator/?service%5B%5D=3&service%5B%5D=1&location=>
- <http://www.salvationarmyusa.org/>
- <http://www.careergear.org/>

## Community Service Organizations

If you are needing assistance check for a local chapter of community service groups and ask if they have any assistance programs for members of your community.

- Lions Club <http://www.lionsclubs.org/EN/index.php>
- Kiwanis <https://www.kiwanis.org/>
- Knights of Columbus <https://www.kofc.org/en/index.html>
- Optimist <http://optimist.org/>
- Rotary Club <https://www.rotary.org/en>

## Compression Garments

- Gateway to Hope (MO only) 314-569-1113 [info@gthstl.org](mailto:info@gthstl.org) <http://www.gthstl.org/patients/services/>

## Copay Assistance

- CancerCare Copay Assistance [www.cancer.org/copayfoundation](http://www.cancer.org/copayfoundation) 800-813-4673
- Good Days 877-968-7233 <https://www.mygooddays.org/>
- Health Well Foundation (Financial Assistance) <https://www.healthwellfoundation.org/> (800) 675-8416  
Assistance with coinsurance, copayments, health care premiums and deductibles for certain medications and therapies
- Nancy's List <https://nancyslist.org/2017/11/16/co-pays/> (has information & lists organizations that may be able to help)
- Patient Advocate Foundation Co-Pay Relief <https://www.copays.org/> (866) 512-3861
- Patient Services, Inc. [www.patientservicesinc.org](http://www.patientservicesinc.org) 800-366-7741

## Credit Counseling Assistance

If you are having difficulties paying bills especially if you have cancer check with a credit counseling agency to see if they can assist.

- <https://www.consumer.ftc.gov/articles/0153-choosing-credit-counselor>
- <https://www.justice.gov/ust/list-credit-counseling-agencies-approved-pursuant-11-usc-111> (list of credit counseling organizations per the U.S. Justice Department webpage)
- <https://www.nfcc.org/>
- <http://fcaa.org/> <https://www.credit.org/cccs/>

## Debt Collection Issues

Check with your state legal aid and state attorney general's office (Consumer Protection office) for mediation assistance. It may be possible to have mediation assistance over HMO and medical/dental billing issues. If you are having problems paying your credit card bill you can ask if the credit card company has a hardship program including a program to help lower your interest rate.

- Debt Issues <https://www.usa.gov/debt>
- State legal aid office <https://www.lsc.gov/what-legal-aid/find-legal-aid>  
Ask if you are eligible for a hardship extension due to a cancer diagnosis, for any other available assistance, and resources.
- Find your state attorney general's office (consumer protection issues) <https://www.usa.gov/state-consumer>
- Fair Debt Collection Practices Act  
<https://www.ftc.gov/enforcement/rules/rulemaking-regulatory-reform-proceedings/fair-debt-collection-practices-act-text>

## Dental Care

For lower cost dental services check with your local health department, community clinics, and dental schools. Some community clinics may even have dental services.

- <https://cancerfairygodmother.com/finding-free-low-cost-dental-care/>
- Finding a community health clinic
  - <https://findahealthcenter.hrsa.gov/>
  - [www.freeclinicdirectory.org](http://www.freeclinicdirectory.org)
  - [www.freeclinics.com](http://www.freeclinics.com)
- Finding lower cost dental services <http://www.freedentalcare.us/>

## Employment Information (see Legal Issues Related to Employment & Employment Information)

## Eyecare & Glasses

- <https://www.new-eyes.org/>
- <http://www.aoafoundation.org/vision-usa/> (will relaunch site in 2019)
- <https://nei.nih.gov/health/financialaid>
- Lions Club Program <http://www.lionsclubs.org/EN/how-we-serve/health/sight/eyeglass-recycling.php>

## Financial Assistance & Support (General) - Nationwide

- American Cancer Society (information about financial assistance  
[https://www.whatnext.com/cc/dealing\\_with\\_the\\_financial\\_burden\\_of\\_cancer](https://www.whatnext.com/cc/dealing_with_the_financial_burden_of_cancer) (general information including recommendation to contact American Cancer Society at link below)  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters.html>
- American Red Cross <http://www.redcross.org/get-help/military-families/financial-assistance>  
<http://www.redcross.org/find-your-local-chapter>
- CancerCare <http://www.cancercare.org/helpinghand> (resources for various types of assistance)
- Catholic Charities USA <https://catholiccharitiesusa.org/> (703) 549-1390
- Catholic Charities Listing by State <https://catholiccharitiesusa.org/find-help>
- Financial Assistance <http://www.financial-assistance.us/>
- [http://www.lungcancer.org/find\\_information/publications/62-sources\\_of\\_financial\\_assistance](http://www.lungcancer.org/find_information/publications/62-sources_of_financial_assistance) (general assistance)
- Good Days 877-968-7233 <https://www.mygooddays.org/>
- Government Assistance Programs <https://www.benefits.gov/>
- Great Nonprofits (search for other nonprofits in your area) <http://greatnonprofits.org/>
- Health Finder <https://healthfinder.gov/FindServices/SearchContext.aspx?topic=315>
- Health Well Foundation <https://www.healthwellfoundation.org/> (800) 675-8416
- MD Save (helps patients find lower medical costs) <https://www.mdsave.com/>
- Modest Needs <https://www.modestneeds.org/for-applicants/grants-types-self-sufficiency.asp>
- Need Help Paying Bills <http://www.needhelppayingbills.com/>
- Neighborhood Navigator <https://navigator.aafp.org>
- Office of Family Assistance <https://www.acf.hhs.gov/ofa/help>
- Patient Access Network Foundation <https://panfoundation.org/index.php/en/> (866) 316-7263  
<https://www.panfoundation.org/index.php/en/patients/assistance-programs/metastatic-breast-cancer>
- Patient Advocate Foundation <http://www.patientadvocate.org/NURD/index2.php?application=financial>
- Patient Services, Inc. <https://www.patientservicesinc.org/> 800-366-7741
- RIP Medical Debt <https://ripmedicaldebt.org/> <https://ripmedicaldebt.org/contact/#> (how to contact)  
<https://www.wypr.org/post/how-2-new-york-women-erased-15-million-medical-debt-hundreds-strangers>  
<https://www.npr.org/2019/12/25/791351694/l-a-church-delivers-big-christmas-gift-to-thousands-of-families-in-southern-cali?ft=nprml&f=>
- Salvation Army (The) <http://www.salvationarmyusa.org/>
- Social Security Administration <https://www.ssa.gov/> 800-772-1213
- St. Vincent de Paul Society <http://www.svdpusa.org/Assistance-Services>
- Suntopia <http://www.suntopia.org/> (type in your zipcode to find various types of resources)  
Search your city, state + suntopia.org to find resources in your area
- TAF (The Assistance Fund) <https://tafcares.org/> <https://tafcares.org/about-us/>
- United Way <http://www.unitedway.org/> <http://211.org/>
- Verywell Financial Assistance Info <https://www.verywell.com/finding-financial-help-for-cancer-patients-514488>
- Veterans Benefits <http://benefits.va.gov/benefits/> (800) 827-1000
- Vital Options <https://www.vitaloptions.org/>
- Web MD List of Financial Resources <http://blogs.webmd.com/cancer/2015/05/financial-help-for-cancer-patients.html>
- <https://medlineplus.gov/financialassistance.html>

## Financial Assistance & Support (General) – Nationwide (*continued*)

- <http://www.consumercredit.com/financial-education/consumer-resources/government-assistance>
- [http://www.needhelppayingbills.com/html/charities\\_and\\_organizations\\_th.html](http://www.needhelppayingbills.com/html/charities_and_organizations_th.html)
- <https://www.auntbertha.com/> (many types of resources)
- <https://www.thehelplist.com/> (many types of local resources in all states)
- [http://www.needhelppayingbills.com/html/state\\_aid\\_and\\_assistance\\_progr.html](http://www.needhelppayingbills.com/html/state_aid_and_assistance_progr.html) (many types of programs)
- <https://www.usa.gov/help-with-bills> (general assistance & various types of assistance)
- <https://www.usa.gov/help-with-bills#item-36707> (medical bill assistance)
- <https://www.usa.gov/help-with-bills#item-36602> (emergency financial assistance)
- [http://www.helppayingutilitybills.com/html/charities\\_utility\\_bill\\_help.html](http://www.helppayingutilitybills.com/html/charities_utility_bill_help.html) (financial assistance various states)
- <http://www.lowincomefinancialhelp.com/need-help-paying-bills/>
- [http://www.needhelppayingbills.com/html/medical\\_debt\\_collection\\_laws\\_s.html](http://www.needhelppayingbills.com/html/medical_debt_collection_laws_s.html) (debt collection)
- [http://www.breastcancer.org/tips/paying/living\\_expenses](http://www.breastcancer.org/tips/paying/living_expenses)
- <http://www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services/> (prosthetic devices)
- <http://www.billshelp.org/>

## Food & Nutrition-----For Cancer Patients (General Information)

### American Cancer Society Food & Nutrition Resources

- <https://www.cancer.gov/publications/patient-education/eating-hints> (before, during, & after cancer treatment)
- <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html>
- <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html>
- <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/nutrition-for-the-patient-with-cancer-during-treatment.pdf>
- <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/coping/nutrition.html>
- [https://www.cancercare.org/connect\\_workshops?utm\\_source=constant-contact&utm\\_medium=email&utm\\_campaign=February-E-News#!past\\_workshops](https://www.cancercare.org/connect_workshops?utm_source=constant-contact&utm_medium=email&utm_campaign=February-E-News#!past_workshops) (scroll down for nutrition)
- [https://www.everydayhealth.com/cancer/breast-cancer/can-your-diet-affect-breast-cancer-risk/?slot=0&eh\\_uid=80328117&xid=nl\\_EHNLbreastcancer\\_2022-04-01\\_27223127&utm\\_source=Newsletters&nl\\_key=nl\\_breast\\_cancer&utm\\_content=2022-04-01&utm\\_campaign=Breast\\_Cancer](https://www.everydayhealth.com/cancer/breast-cancer/can-your-diet-affect-breast-cancer-risk/?slot=0&eh_uid=80328117&xid=nl_EHNLbreastcancer_2022-04-01_27223127&utm_source=Newsletters&nl_key=nl_breast_cancer&utm_content=2022-04-01&utm_campaign=Breast_Cancer)
- <https://www.webmd.com/cancer/smoothie-tips-for-people-with-cancer> (smoothie tips for people with cancer)
- <https://pearlpoint.org/schedule-a-dietitian-consultation/> (through Leukemia & Lymphoma Society)

### Other Food & Nutrition Resources for Cancer Patients

You can check with your doctor's office, the social worker, and/or the nurse navigator for more cancer and nutrition resources.

- <https://www.aicr.org/cancer-survival/>
- <https://health.clevelandclinic.org/6-tips-for-smoothies-when-you-have-cancer/>
- <https://www.webmd.com/cancer/smoothie-tips-for-people-with-cancer>
- <https://news.cancerconnect.com/survivorship/build-a-better-smoothie-quick-nutrition-that-goes-down-easy-for-cancer-patients>
- <https://www.livestrong.com/article/544436-recommended-protein-powder-supplements-for-cancer-patients/>
- <https://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer/art-20045046>
- <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=85&contentid=p07328>

## Food & Nutrition-----For Cancer Patients (During Treatment)

- [www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index](http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index)
- <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/nutrition-for-the-patient-with-cancer-during-treatment.pdf>
- [www.breastcancer.org/tips/nutrition/during\\_treat](http://www.breastcancer.org/tips/nutrition/during_treat)
- [www.webmd.com/breast-cancer/guide/nutrition-exercise](http://www.webmd.com/breast-cancer/guide/nutrition-exercise)
- [www.cancercenter.com/community/nutritional-support/](http://www.cancercenter.com/community/nutritional-support/)
- <https://www.cancer.ca/~media/C8ADD7080CAC4045B766577D074B0CAF.ashx>
- <https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/during-cancer-treatment.html>
- <https://www.oncolink.org/support/nutrition-and-cancer/during-and-after-treatment/protein-needs-during-cancer-treatment>
- <https://rbitzer.com/optimizing-your-nutrition-during-cancer-treatment/>
- [https://www.breastcancer.org/tips/nutrition/during\\_treat/expert-qa](https://www.breastcancer.org/tips/nutrition/during_treat/expert-qa)
- <https://www.mskcc.org/cancer-care/patient-education/eating-well-during-your-treatment>
- <https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/during-cancer-treatment/nutrition-during-chemo.html>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/cancer/cancer-diet-foods-to-add-and-avoid-during-cancer-treatment>

## Food & Nutrition-----For Breast Cancer Survivors & Post-Treatment

- [ww5.komen.org/BreastCancer/HealthyWeightampDiet.html](http://ww5.komen.org/BreastCancer/HealthyWeightampDiet.html)      [www.breastcancer.org/tips/nutrition/after\\_treat](http://www.breastcancer.org/tips/nutrition/after_treat)
- [www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index](http://www.cancer.org/treatment/survivorshipduringandaftertreatment/nutritionforpeoplewithcancer/index)
- <https://www.oncolink.org/support/nutrition-and-cancer/during-and-after-treatment/protein-needs-during-cancer-treatment>

## Food & Nutrition-----Meal Planning

- <https://www.verywellhealth.com/plan-ahead-freezer-meals-for-chemotherapy-patients-514105#:~:text=When%20planning%20meals%20prior%20to,usually%20the%20easiest%20to%20tolerate.>
- <https://pinkribbonrunner.com/easy-meal-planning-for-cancer-patients/>
- <https://osher.ucsf.edu/patient-care/integrative-medicine-resources/cancer-and-nutrition/7-day-sample-meal-plan>
- [https://www.cancernutrition.org/wp-content/uploads/CNC-Newsletter\\_Pages\\_ISSUE-8.pdf](https://www.cancernutrition.org/wp-content/uploads/CNC-Newsletter_Pages_ISSUE-8.pdf)

## Funeral Assistance

Check with your state social services or office of human services.

- American Cancer Society      [www.cancer.org](http://www.cancer.org)      (1-800-ACS-2345)
- <http://www.giveforward.com/p/help-with-funeral-expenses/help-with-burial-expenses>
- <https://www.caring.com/questions/funeral-cost-assistance>
- <https://www.caring.com/questions/help-with-funeral-expenses>
- If someone is a military veteran check with Veterans Affairs      <https://www.va.gov/>
- <http://www.cancerfac.org/>      <http://csn.cancer.org/node/246351>
- You may also check with organizations listed in the previous sections *Cancer Financial Assistance & Resources (General Cancer)* and *Cancer Information (General)*.
- Federal Burial Benefits For Veterans      [https://www.cem.va.gov/burial\\_benefits/](https://www.cem.va.gov/burial_benefits/)
- [http://www.needhelp-payingbills.com/html/help\\_with\\_funeral\\_costs.html](http://www.needhelp-payingbills.com/html/help_with_funeral_costs.html)
- <http://www.imsorrytohear.com/blog/funeral-assistance-for-those-who-need-it/>
- <https://www.funerals360.com/blog/funeral-costs/funeral-assistance-for-those-who-need-it/>
- <http://www.us-funerals.com/funeral-articles/what-to-do-if-i-cannot-afford-a-funeral.html#.WSq2HfLrtFo>



## General Assistance (many types of assistance resources)

Many types of assistance including but not limited to food, housing, things for your home, medical supplies, toys, transportation, health, money, care, education, work, and legal help.

- Aunt Bertha (Find Help) (type in your zip code) [www.findhelp.org](http://www.findhelp.org)
- Path 2 Help (type in your zip code) [www.path2help.com](http://www.path2help.com)
- United Way (choose your state) (Call 211) <https://www.unitedway.org/local/united-states/>
- For many different types of assistance in your state go to <https://www.benefits.gov/categories>, click on a category, and then filter by your state. There is a box at the upper left corner where you can choose your state. There are many types of resources listed.
- Great Nonprofits (find local nonprofits for many types of assistance) [www.greatnonprofits.org](http://www.greatnonprofits.org)

## General Cancer Assistance (many types)

- [www.cancercare.org/publications/](http://www.cancercare.org/publications/) (publications by cancer type, general topics)
- [www.cancercare.org/publications/order](http://www.cancercare.org/publications/order) (publications to download for free)
- [www.cancercare.org/publications#!publications\\_en\\_espanol](http://www.cancercare.org/publications#!publications_en_espanol) (publications in Spanish)
- [www.cancercare.org/connect\\_workshops](http://www.cancercare.org/connect_workshops) (free online & over the phone webcasts with experts in oncology)
- <https://fundfinder.panfoundation.org/> Fund Finder by PAN Foundation (finding financial assistance from charitable foundations)

## Hair Loss

Look Good...Feel Better (American Cancer Society) <http://lookgoodfeelbetter.org/> (800) 395-LOOK(5665)

### *Hair Loss & Mastectomy Products*

- American Cancer Society Services 800-850-9445  
<http://www.cancer.org/treatment/supportprogramsservices/tlc-a-magalog>
- <https://www.tlcdirect.org/>

### *Wigs*

- Cap Wings <https://vermafoundation.org/put-a-cap-on-cancer/> 512-582-0171 [contact@vermafoundation.org](mailto:contact@vermafoundation.org)
- Girl On the Go <http://www.girlonthego.biz/wigs-cancer-patients.php> (800) 355-6976
- HairToStay [www.hairtostay.org](http://www.hairtostay.org) 800-270-1897
- Lolly's Locks <https://lollyslocks.org/> 240-428-1984
- Pink Heart Funds <https://pinkheartfunds.org/> 228 575 8299
- Wigs and Wishes (formerly Friends Are By Your Side) [www.wigsandwishes.org](http://www.wigsandwishes.org) [info@wigsandwishes.org](mailto:info@wigsandwishes.org)  
(856) 582-6600
- Kentucky Cancer Link (Kentucky residents only) [www.kycancerlink.org](http://www.kycancerlink.org) 877-597-4655
- <https://www.verywell.com/how-to-get-free-headgear-during-chemotherapy-429863> (wigs, caps, & scarves)
- <https://www.verywell.com/wigs-101-the-basics-about-wigs-and-cancer-treatment-430251>
- <https://www.verywell.com/free-wigs-for-cancer-patients-430693>
- <https://www.verywell.com/how-to-choose-a-wig-before-chemotherapy-430694>
- <http://www.cancer1source.org> (MA – wig assistance)
- <http://cancerfairygodmother.com/wig-resources-online/> (Resources About Wigs)
- CancerCare [http://www.cancercare.org/community\\_programs#](http://www.cancercare.org/community_programs#) [info@cancercare.org](mailto:info@cancercare.org)  
800-813-HOPE (4673) (Call for resources in your area)  
(CT, NJ, & NY) [https://www.cancercare.org/community\\_programs#!all](https://www.cancercare.org/community_programs#!all)
- <https://www.cancerresources.org/services/boutique/> 1-800-401-9054

## Hair Loss (continued)

### Other Resources

- Chemotherapy & Hair Loss <http://www.webmd.com/cancer/facing-chemotherapy-17/live-with/chemo-hair-loss>

### Alternatives to Wigs

- Crocheted For Cancer (crocheted caps) <https://crochetforcancer.org/about-us/>
- Hope Scarves <https://hopescarves.org/> 502-333-9715  
[http://www.needymeds.org/copay\\_diseases.taf?function=detail&program\\_id=2505](http://www.needymeds.org/copay_diseases.taf?function=detail&program_id=2505)
- Sparkle My Heads Scarves [www.sparklemyheadscarves.com/](http://www.sparklemyheadscarves.com/) 724-518-1725
- Wrapunzel Foundation (Scarves) <http://wrapunzelfoundation.org/>

### Alternatives to Wigs (continued)

- <https://www.verywell.com/how-to-get-free-headgear-during-chemotherapy-429863>
- <https://www.verywell.com/head-covers-for-hair-loss-from-chemotherapy-2249232>
- <https://www.verywell.com/free-cap-breast-cancer-patients-429860>
- <https://www.verywell.com/free-hats-for-breast-cancer-patients-429862>

### Tips for Hair Loss

- <https://www.youtube.com/watch?v=k58FrS77jgo> (scarf wrapping tips)
- <https://www.youtube.com/watch?v=ezt-5nslYXA> (scarf wrapping tips)
- <https://www.youtube.com/watch?v=q1fR7ZXUAZA> (scarf wrapping tips)
- <https://www.youtube.com/watch?v=xeJoWXkSrn8> (makeup tips for enhancing eyebrows & eyelashes)
- <https://www.youtube.com/watch?v=R1wMapFciM4> (Eyebrow tips & eye makeup tips)
- <https://www.youtube.com/watch?v=SPolsdBNTWs> (makeup tips for enhancing eyebrows & eyelashes)

## Healthcare, Insurance, & Coverage

If you are having health insurance coverage issues you may check with your state's insurance office. Here is a sample internet search to find this. "your state + insurance commission" or "your state + insurance office"

- Government Healthcare Programs including State Medicaid Listings  
<https://www.benefits.gov/categories/Healthcare%20and%20Medical%20Assistance>
- Health Insurance Premium Assistance (IL & MO only) Gateway to Health <http://www.gthstl.org/patients/services/>
- [http://www.needhelppayingbills.com/html/medical\\_care\\_for\\_uninsured.html](http://www.needhelppayingbills.com/html/medical_care_for_uninsured.html)
- Health Care (Affordable Care Act) [www.healthcare.gov](http://www.healthcare.gov) (800) 318-2596  
[http://www.cancercare.org/publications/179-understanding\\_the\\_affordable\\_care\\_act?utm\\_source=May+17+E-News&utm\\_campaign=May+17+eNews&utm\\_medium=email](http://www.cancercare.org/publications/179-understanding_the_affordable_care_act?utm_source=May+17+E-News&utm_campaign=May+17+eNews&utm_medium=email)
- Health Care Rights <https://www.healthcare.gov/health-care-law-protections/rights-and-protections/>
- Medicaid [www.medicaid.gov](http://www.medicaid.gov) (877) 267-2323
- State Medicaid Programs <https://www.benefits.gov/categories/Healthcare%20and%20Medical%20Assistance>
- <http://www.wypr.org/post/medicaid-basics> (Medicaid Basics)
- Medicare Hotline <https://www.medicare.gov/> 800-MEDICARE 800-633-4227
- Problems with Medicaid and Medicare <https://www.cms.gov/center/special-topic/ombudsman-center.html>  
<https://www.medicare.gov/claims-appeals/your-medicare-rights/get-help-with-your-rights-protections>
- Tips When Health Insurance Will Not Pay <https://www.verywell.com/when-your-insurance-company-wont-pay-12-tips-3231743>
- <http://www.wypr.org/post/navigating-medical-debt-without-insurance> (navigating medical debt without insurance)
- <http://www.wypr.org/post/how-deal-high-medical-bills> (how to deal with high medical bills)

## Health Insurance & Laws

- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-health-insurance.html>

## Home Cleaning

- [www.cleaningforareason.org](http://www.cleaningforareason.org) <https://cleaningforareason.org/patients-2/locate-providers>

## Home Health Care

- American Cancer Society [www.cancer.org](http://www.cancer.org) 800-227-2345  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team/home-care-agencies/intro.html>  
<http://www.cancer.net/coping-with-cancer/caring-loved-one/providing-care-home>  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team/home-care-agencies/types-of-services-available.html>
- CancerCare [www.cancercare.org](http://www.cancercare.org) 1-800-813-4673  
[http://www.needymeds.org/copay\\_diseases.taf?function=detail&program\\_id=1886](http://www.needymeds.org/copay_diseases.taf?function=detail&program_id=1886)
- Livestrong [www.livestrong.org](http://www.livestrong.org) 1-855-220-7777  
<https://www.livestrong.org/we-can-help/managing-your-life-during-treatment/home-health-care-needs>
- <https://www.medicare.gov/what-medicare-covers/home-health-care/home-health-care-what-is-it-what-to-expect.html>

## Homeless Shelters

- <https://www.domesticshelters.org>
- <https://www.womenshelters.org/>
- <http://www.shelterlistings.org/>
- <https://www.hudexchange.info/housing-and-homeless-assistance/>
- <http://www.homelessnessinamerica.com>
- <http://www.homelessshelterdirectory.org/>
- <https://www.womenshelters.org/>
- <http://www.shelterlistings.org/>
- <https://www.hudexchange.info/housing-and-homeless-assistance/>
- <http://www.homelessnessinamerica.com>
- <http://www.homelessshelterdirectory.org/>

## Hospice Care

- Medicare Hospice Care <https://publications.usa.gov/USAPubs.php?PubID=5652>
- American Cancer Society  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team/hospice-care/what-is-hospice-care.html>
- Catholic Charities <https://www.catholiccharitiesusa.org/find-help/>
- <https://www.cancer.gov/about-cancer/advanced-cancer/care-choices/hospice-fact-sheet>
- [http://www.cancercare.org/tagged/hospice\\_and\\_end-of-life](http://www.cancercare.org/tagged/hospice_and_end-of-life)
- Susan G Komen (877) 465-6636 <http://ww5.komen.org/BreastCancer/Hospice.html>
- <https://www.vitas.com/hospice-care-services/conditions/cancer>
- [https://www.nccn.org/patients/resources/life\\_with\\_cancer/hospice.aspx](https://www.nccn.org/patients/resources/life_with_cancer/hospice.aspx)
- <https://www.verywell.com/what-is-hospice-care-p2-514012>
- [http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Hospice\\_Care.aspx](http://www.eldercare.gov/ELDERCARE.NET/Public/Resources/Factsheets/Hospice_Care.aspx)

# Housing

You can search for “emergency assistance + your zip code/city or county/state” to find possible help for emergency rent/mortgage assistance.

- <https://bringinghopehome.org/nominate/guidelines/> (DE, NJ, & PA) one time financial assistance with essential household bills such as rent/mortgage, utilities, car payment/insurance, cable, & cell phone for patients and families who are in active cancer treatment [www.bringinghopehome.org](http://www.bringinghopehome.org)
- <https://www.benefits.gov/categories/Housing%20and%20Public%20Utilities>
- [www.hhs.gov/programs/social-services/homelessness/resources/index.html](http://www.hhs.gov/programs/social-services/homelessness/resources/index.html)
  - U.S. Department of Health & Human Services 877-696-6775
- <https://www.ils.org/support/other-helpful-organizations/financial-resources/mortgage-rent-and-utility-assistance>
- <https://www.benefits.gov/benefits/browse-by-state> (Search by your state)
- [http://www.needhelppayingbills.com/html/get\\_help\\_paying\\_rent.html](http://www.needhelppayingbills.com/html/get_help_paying_rent.html)
- [http://www.needhelppayingbills.com/html/housing\\_assistance.html](http://www.needhelppayingbills.com/html/housing_assistance.html)
- [http://www.needhelppayingbills.com/html/emergency\\_rent\\_assistance.html](http://www.needhelppayingbills.com/html/emergency_rent_assistance.html)
- <http://www.rentalassistance.us/>
- <https://www.va.gov/HOMELESS/housing.asp> (Housing Assistance for Military Veterans)
- United Way <http://www.unitedway.org/> <http://211.org/>
- <http://freefinancialhelp.net/emergency-help-paying-rent/>
- <http://freefinancialhelp.net/single-mothers-rent-assistance/> <https://www.ncsha.org/housing-help>
- Jill’s Wish <https://www.jillswish.org/> 702-237-9123
- <https://www.auntbertha.com/> <http://www.jonbonjovisoulfoundation.org/>
- <http://www.lowincomefinancialhelp.com/need-help-with-rent/> <http://nationalsharedhousing.org/>
- [https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/comm\\_planning/homeless](https://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/homeless)
- [https://portal.hud.gov/hudportal/HUD?src=/topics/rental\\_assistance/local](https://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance/local)
- Sisters Network, Inc. 866-781-1808 <http://www.sistersnetworkinc.org/>
- Gateway to Hope (MO only) 314-569-1113 [info@gthstl.org](mailto:info@gthstl.org) <http://www.gthstl.org/patients/services/>
- National Shared Housing Resources <https://nationalsharedhousing.org/>

# Housing Related-----Lodging While Seeking Treatment

## Lodging while you are seeking medical treatment-----Suggestions

- 1) You may check with the hospital or provider's social worker, nurse navigator, financial office staff, and scheduling and registration staff about lodging resources through the hospital. The hospital may have a special lodging facility and will have a list of nearby hotels. It is important to check if there are any discount programs between the hospital and the hotels for patients and family members.
- 2) The American Cancer Society may have a Hope Lodge facility near the hospital and if they do not it is a good idea to call and ask about other lodging resources.  
American Cancer Society                      800-227-2345                      [www.cancer.org](http://www.cancer.org) <https://www.cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge.html>  
<https://www.cancer.org/treatment/support-programs-and-services/patient-lodging.html>  
<https://www.cancer.org/treatment/support-programs-and-services/patient-lodging/hope-lodge.html>
- 3) Other Lodging Resources
  - Airbnb [www.airbnb.com](http://www.airbnb.com) (Check if they offer any type of housing assistance for patients with cancer seeking treatment.)
  - Cancer Care Lodging List (Very Good List) <http://www.cancercare.org/tagged/lodging>
  - Cancer Support Community & Airbnb 877-793-0498  
[www.cancersupportcommunity.org/airbnb?utm\\_source=November%20Newsletter&utm\\_medium=email&utm\\_campaign=CPINovNL&utm\\_content=AirBnB](http://www.cancersupportcommunity.org/airbnb?utm_source=November%20Newsletter&utm_medium=email&utm_campaign=CPINovNL&utm_content=AirBnB)
  - Cancer Treatment Centers of America <http://www.cancercenter.com/what-to-expect/traveling-to-ctca/tab/lodging/>
  - Fisher House Foundation (helps military families) <http://www.fisherhouse.org/>
  - Good Days                      877-968-7233                      <https://www.mygooddays.org/>
  - Healthcare Hospitality Network    800-542-9730                      <http://www.hhnetwork.org/>
  - Host For Hospitals                      <http://www.hostsforhospitals.org/becoming-a-guest/>
  - Joe's House 877-563-7468 <http://joeshouse.org/> (select your location)
  - Sisters Network, Inc. 866-781-1808 <http://www.sistersnetworkinc.org/>
  - [http://www.patientresource.com/Financial\\_Resources.aspx](http://www.patientresource.com/Financial_Resources.aspx) (go to bottom for housing during treatment expenses)
  - <https://www.cancerhorizons.com/free-stuff/free-lodging/>
  - <https://www.extendedstayamerica.com/acs-partnership>

## Housing Related-----Utilities

You can search for “emergency assistance + your zip code/city or county/state” to find possible help for emergency utility assistance.

- <https://bringinghopehome.org/nominate/guidelines/> (DE, NJ, & PA) one time financial assistance with essential household bills such as rent/mortgage, utilities, car payment/insurance, cable, & cell phone for patients and families who are in active cancer treatment [www.bringinghopehome.org](http://www.bringinghopehome.org)
- <https://www.benefits.gov/categories/Housing%20and%20Public%20Utilities>
- [http://www.needhelppayingbills.com/html/need\\_help\\_with\\_electric\\_bills.html](http://www.needhelppayingbills.com/html/need_help_with_electric_bills.html)
- [http://www.utilitybillassistance.com/html/utility\\_bill\\_assistance\\_progra.html](http://www.utilitybillassistance.com/html/utility_bill_assistance_progra.html) (listing by state)
- National Energy Assistance Referral 866-674-6327
- [www.acf.hhs.gov/ocs/resource/help-with-paying-for-heating-or-cooling](http://www.acf.hhs.gov/ocs/resource/help-with-paying-for-heating-or-cooling)
- <https://www.benefits.gov/benefits/browse-by-category/category/27>  
<https://www.benefits.gov/benefits/browse-by-state> (Search by your state)
- <http://www.help-paying-utility-bills.com/> (various states)
- United Way <http://www.unitedway.org/> <http://211.org/>
- <http://freefinancialhelp.net/liheap-energy-assistance/>
- <https://www.ils.org/support/other-helpful-organizations/financial-resources/mortgage-rent-and-utility-assistance>
- <https://www.usa.gov/help-with-bills#item-35107> <https://www.eia.gov/tools/faqs/faq.php?id=17&t=5>
- <http://www.peoplesgasdelivery.com/home/liheap.aspx>
- <https://www.peoples-gas.com/my-account/help-pay/> (KY, PA, WV)
- [http://www.needhelppayingbills.com/html/consumer\\_rights\\_for\\_utility\\_di.html](http://www.needhelppayingbills.com/html/consumer_rights_for_utility_di.html) (legal rights)
- Jill's Wish <https://www.jillswish.org/> 702-237-9123
- Sisters Network, Inc. 866-781-1808 <http://www.sistersnetworkinc.org/>
- Gateway to Hope (MO only) 314-569-1113 [info@gthstl.org](mailto:info@gthstl.org) <http://www.gthstl.org/patients/services/>

## Housing Related-----Utility Shut Off

- <https://liheapch.acf.hhs.gov/Disconnect/disconnect.htm>
- [http://www.needhelppayingbills.com/html/utility\\_and\\_heating\\_disconnect.html](http://www.needhelppayingbills.com/html/utility_and_heating_disconnect.html)

# Legal (Issues For Cancer Patients Including Disability Rights & Benefits)

Breast Reconstruction Laws (see the section: Breast Reconstruction)

Check with your local librarian either in person or check to see if you can ask a librarian a question through the website. It might be under a section called “ask a librarian.”

- Disability Information Including Disability Rights <https://www.usa.gov/disability-services>
- FMLA (Family and Medical Leave Act) <https://www.dol.gov/whd/fmla/>  
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/family-and-medical-leave-act.html>
- Check with your state legal aid office  
<http://www.lsc.gov/> (go to the upper right corner, click on FIND LEGAL AID, and enter your zip code)
- Disability Legal Rights Center (Includes Info for Cancer Patients)  
866-843-2572 <http://drlcenter.org/>
  - Cancer Legal Resource Center <http://cancerlegalresources.org/>
- <http://www.cancerandcareers.org/en/at-work/legal-and-financial/filing-for-disability>
- <http://www.cancerandcareers.org/en/at-work/legal-and-financial/finding-legal-assistance>
- <http://community.breastcancer.org/blog/breast-cancer-and-social-security-disability-benefits/>
- American Cancer Society <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/americans-with-disabilities-act.html>
- Cancer Advocacy <https://www.canceradvocacy.org/resources/employment-rights/your-legal-rights/>
- CancerCare  
[http://www.cancercare.org/publications/331-legal-assistance-finding-resources-and-support?utm\\_source=May+17+E-News&utm\\_campaign=May+17+eNews&utm\\_medium=email](http://www.cancercare.org/publications/331-legal-assistance-finding-resources-and-support?utm_source=May+17+E-News&utm_campaign=May+17+eNews&utm_medium=email)  
<http://www.cancercare.org/tagged/legal-assistance>
- Cancer Guide <http://www.cancerguide.org/disability.html>
- Cancer Legal Assistance <http://www.nclsn.org/members-directory/>
- Cancer Legal Resource Center <https://thedrlc.org/cancer/>
  - PUBLICATIONS & WEBINARS – Cancer Legal Resource Center (thedrlc.org)
  - (patient legal handbook in English & Spanish) <https://thedrlc.org/cancer/publications-webinars/patient-legal-handbook/>
- Cancer Legal Resources <http://cancerlegalresources.org/>
- <http://csn.cancer.org/node/162685> <https://www.eeoc.gov/laws/types/cancer.cfm>
- Cancer LINC (helping people in certain areas in VA) <http://www.cancerlinc.org/>
- Consumer Protection  
Federal Consumer Protection Office <https://www.usa.gov/consumer>  
State Consumer Protection Offices <https://www.usa.gov/state-consumer>
- Legal Aid <http://www.lsc.gov/> (finding your state’s legal aid)
- Livestrong <https://www.livestrong.org/we-can-help/insurance-and-financial-assistance/federal-and-state-benefit-programs>
- National Cancer Legal Services Network  
<http://www.nclsn.org/members-directory/> <http://www.nclsn.org/members-directory/?mode=list>
- Need Help Paying Bills  
[http://www.needhelppayingbills.com/html/consumer\\_rights\\_for\\_utility\\_di.html](http://www.needhelppayingbills.com/html/consumer_rights_for_utility_di.html) (legal rights & utility bills)  
[http://www.needhelppayingbills.com/html/medical\\_debt\\_collection\\_laws\\_s.html](http://www.needhelppayingbills.com/html/medical_debt_collection_laws_s.html) (debt collection)

# Legal (Issues For Cancer Patients Including Disability Rights & Benefits) *(continued)*

- Social Security Disability <https://www.ssa.gov/disability/> <https://secure.ssa.gov/ICON/main.jsp>
- State Laws <http://statelaws.findlaw.com/>
- <http://www.cancerandcareers.org/en/at-work/legal-and-financial> (Job, Legal & Financial Issues for Breast Cancer Patients)
- <https://www.eeoc.gov/laws/types/cancer.cfm>
- <http://www.canceradvocacy.org/resources/employment-rights/how-employment-discrimination-laws-protect-cancer-survivors/>
- [http://www.breastcancer.org/tips/your\\_job](http://www.breastcancer.org/tips/your_job)
- <https://www.nationalbreastcancer.org/nbcf-programs/breast-cancer-in-the-workplace>
- <https://www.webmd.com/breast-cancer/advanced-bc-17/advanced-breast-cancer-work>
- [https://www.webmd.com/breast-cancer/features/advanced-breast-cancer-work?ecd=wnl\\_brc\\_072418&ctr=wnl-brc-072418\\_nsl-promo-v\\_3&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLkICh5G9L2F0%3d#1](https://www.webmd.com/breast-cancer/features/advanced-breast-cancer-work?ecd=wnl_brc_072418&ctr=wnl-brc-072418_nsl-promo-v_3&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLkICh5G9L2F0%3d#1)

## Legal Issues Related to Employment & Employment Information

### *General Employment*

Please see the link below for job centers in your area. You may also check with your state department of labor for job searching assistance. The job centers and programs may be called workforce development, workforce exchange, job centers, or one stop centers. They have career counselors, computers, resume classes, and other job searching resources. If you are a veteran please mention that you are a veteran.

- <https://www.careeronestop.org/>
- <https://www.usm.edu/military-veterans/resources-assist-our-veterans> (general cover letter and resume guides as well as veteran employment assistance programs)

### *Legal - Employment*

- [http://www.breastcancer.org/tips/your\\_job](http://www.breastcancer.org/tips/your_job)
- <https://www.canceradvocacy.org/resources/employment-rights/>
- <http://www.canceradvocacy.org/resources/employment-rights/how-employment-discrimination-laws-protect-cancer-survivors/>
- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters.html> (includes employment issues)
- <http://www.cancerandcareers.org/en/at-work/legal-and-financial> (Job, Legal & Financial Issues for Breast Cancer Patients)
- <https://www.cancercare.org/questions/111>
- [https://www.cancercare.org/connect\\_workshops/785-cancer\\_and\\_the\\_workshop\\_understanding\\_your\\_legal\\_protections\\_2020-03-25](https://www.cancercare.org/connect_workshops/785-cancer_and_the_workshop_understanding_your_legal_protections_2020-03-25)
- [https://www.cancercare.org/connect\\_workshops/735-cancer\\_workplace\\_understanding\\_legal\\_protections\\_2019-05-29](https://www.cancercare.org/connect_workshops/735-cancer_workplace_understanding_legal_protections_2019-05-29)
- [http://www.cancercare.org/publications/252-cancer\\_and\\_the\\_workplace](http://www.cancercare.org/publications/252-cancer_and_the_workplace)
- [https://www.cancercare.org/connect\\_workshops/106-cancer\\_living\\_working\\_2009-03-12](https://www.cancercare.org/connect_workshops/106-cancer_living_working_2009-03-12)
- [https://www.cancercare.org/publications/427-understanding\\_workplace\\_issues\\_and\\_cancer](https://www.cancercare.org/publications/427-understanding_workplace_issues_and_cancer)
- <https://www.eeoc.gov/laws/types/cancer.cfm>
- <https://www.nationalbreastcancer.org/nbcf-programs/breast-cancer-in-the-workplace>
- <https://www.webmd.com/breast-cancer/advanced-bc-17/advanced-breast-cancer-work>
- [https://www.webmd.com/breast-cancer/features/advanced-breast-cancer-work?ecd=wnl\\_brc\\_072418&ctr=wnl-brc-072418\\_nsl-promo-v\\_3&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLkICh5G9L2F0%3d#1](https://www.webmd.com/breast-cancer/features/advanced-breast-cancer-work?ecd=wnl_brc_072418&ctr=wnl-brc-072418_nsl-promo-v_3&mb=c6aCQt6pzt5%404Pp%40wqLe%2fpAyWFWqf9PLkICh5G9L2F0%3d#1)



## Low Cost Providers

- Check with the following for low cost providers in your local area. (city/county, and state health department)

*Breast Exams & Referrals for Mammograms, Ultrasounds, Biopsies, MRI, etc. of the breast(s)*

- Planned Parenthood <https://www.plannedparenthood.org/> (800) 230-PLAN(7526)  
Breast exam visits available to receive referrals as necessary for mammograms and ultrasounds. Payment is on a sliding scale for the breast exam visit. This is NOT for the mammogram OR ultrasound appointment.

### General Low Cost Clinic Listings

- Hill Burton Program <https://www.hrsa.gov/get-health-care/affordable/hill-burton/facilities.html>
- <https://www.hrsa.gov/get-health-care/index.html>
- Needy Meds (Check For Low Cost Medical Clinics) (800)-503-6897 (978) 281-6666  
<http://www.needymeds.org/medical-clinics>
- Low Cost Clinics <https://findahealthcenter.hrsa.gov/index.html> (or search online using the terms “find a health center”)
- <http://www.nafcclinics.org/clinics/search>
- [www.freeclinicdirectory.org](http://www.freeclinicdirectory.org)
- [www.freeclinics.com](http://www.freeclinics.com)
- <http://www.nafcclinics.org/clinics/>

### General Mammography and Radiology Providers

This ONLY provides a list of providers in your area based on zip code. These providers are not affiliated with the American Breast Cancer Foundation. You may call to ask about services offered, testing fees, radiologist reading, CAD (*Computer Aided Detection*), and any other additional fees. If the provider is on a hospital campus there may be additional hospital fees so it is good to ask about these fees. *You can search online using the terms fda + mammography facilities*

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm>

## Lymphedema Assistance & Sleeves

- <http://www.sistersnetworkinc.org/programs.html>
- [https://www.cancercare.org/publications/341-lymphedema\\_finding\\_resources\\_and\\_support](https://www.cancercare.org/publications/341-lymphedema_finding_resources_and_support)
- <http://www.lymphedemaresources.org/>
- Kentucky Cancer Link (Kentucky residents only) [www.kycancerlink.org](http://www.kycancerlink.org) 877-597-4655
- <http://lymphedemafoundationf.org/> (Broward, Dade, & Monroe County, Florida residents) Cancer Treatment Information
- <https://cancer1source.org/> (MA residents--cancer programs, wigs, & lymphedema assistance)
- [https://www.needymeds.org/copay\\_diseases.taf?function=summary&disease\\_id=418&disease\\_eng=Lymphedema&dx=3&drp=lymphedema](https://www.needymeds.org/copay_diseases.taf?function=summary&disease_id=418&disease_eng=Lymphedema&dx=3&drp=lymphedema)
- <https://lymphedematreatmentact.org/> <https://lymphedematreatmentact.org/resources/>
- <https://conniecares.org/> (helps with pneumatic compression pumps)
- Lymphedivas <https://lymphedivas.com/> (offers stylish, comfortable lymphedema sleeves and is a for profit company)
- The Care Project, Inc. <https://thecareprojectinc.org/how-we-care/> (helps with lymphedema sleeves nationally)
- Lymphedema Assistance Listing from [www.needymeds.org](http://www.needymeds.org)  
[https://www.needymeds.org/copay\\_diseases.taf?function=summary&disease\\_id=418&disease\\_eng=Lymphedema&dx=3&drp=lymphedema](https://www.needymeds.org/copay_diseases.taf?function=summary&disease_id=418&disease_eng=Lymphedema&dx=3&drp=lymphedema)

## Medical Supplies

- <https://www.cancerresources.org/services/supplies-equipment/>
- <https://www.ils.org/support/other-helpful-organizations/financial-resources/medical-equipment-supplies-and-services>
- <http://www.cancerresourcemama.com/free-medical-supplies-and-equipment/>

## Organization

- Cancer Care Logbook: A Record of My Fight (help for staying [https://www.amazon.com/Cancer-Care-Logbook-Record-Fight/dp/B0C9SBMDFY/ref=sr\\_1\\_1?crd=3BDT3P95TZWAC&keywords=mary+graybill&qid=1689954494&sprefix=mary+graybill%2Caps%2C82&sr=8-1](https://www.amazon.com/Cancer-Care-Logbook-Record-Fight/dp/B0C9SBMDFY/ref=sr_1_1?crd=3BDT3P95TZWAC&keywords=mary+graybill&qid=1689954494&sprefix=mary+graybill%2Caps%2C82&sr=8-1))
- <https://health.clevelandclinic.org/stay-organized-5-tips-beat-cancer-treatment-stress/>
- <https://www.thislivingwithcancer.com/living-with-app>
- <https://www.cancer.net/blog/2017-10/cancer-bills-and-insurance-4-ways-stay-organized>
- <https://www.cancertodaymag.org/summer2017/ways-to-get-organized-caregiving/>
- <https://www.ironwoodcrc.com/staying-organized-after-a-new-cancer-diagnosis/>
- <https://www.cancerandcareers.org/en/at-work/where-to-start/getting-organized>
- <https://www.webmd.com/cancer/pre-chemo-organization>
- <https://connect.mayoclinic.org/discussion/best-tips-for-getting-organized/>
- <https://www.mdanderson.org/cancerwise/cancer-patients-tips-for-organizing-medical-records.h00-158833590.html>
- <https://www.mdanderson.org/cancerwise/why-cancer-patients-should-get-organized.h00-158676579.html>
- <https://parade.com/632256/clevelandclinic/5-tips-to-stay-organized-during-cancer-treatment/>
- <https://www.komen.org/blog/tips-for-creating-a-medical-binder-to-stay-organized-during-breast-cancer-treatment/>
- <https://www.getorganizednow.com/art-x-work-after-cancer.html>

## Pets-----Assistance For Taking Care Of Your Pets

Check with local animal rescues and shelters such as the local Humane Society or SPCA and others in your area. If they are unable to assist ask if they know of other help. For pet food banks and other help for pets check the ASPCA and Humane Society of the United States websites. To find pet food banks search “pet food bank + Humane Society”, “pet food bank + SPCA”, or “pet food banks + your state/city/county/town”. Some food banks/pantries offer pet food.

- ASPCA <https://www.asPCA.org/about-us/contact-us>
- Humane Society of the United States <https://www.humanesociety.org/contact-us>
- CancerCare Pet Assistance for Cancer Patients <https://www.cancercare.org/paw>  
<https://www.cancercare.org/blog/cancercare-pet-assistance-wellness>
- <http://bestfriends.org/resources/financial-aid-pets>
- <http://itchmoforums.com/help-for-pets-in-need-b91.0/>
- [http://www.humanesociety.org/animals/resources/tips/trouble\\_affording\\_pet.html](http://www.humanesociety.org/animals/resources/tips/trouble_affording_pet.html)
- <http://itchmoforums.com/help-for-pets-in-need-b91.0/>
- For help with pet medications check with Needy Meds [www.needymeds.org](http://www.needymeds.org)  
[https://www.youtube.com/watch?v=vfRnMHQO\\_zM](https://www.youtube.com/watch?v=vfRnMHQO_zM)
- Pet Assisted Therapy Dogs  
[https://www.needymeds.org/copay\\_diseases.taf?function=summary&disease\\_id=1035&disease\\_eng=Conditions%20requiring%20Pet%2DAssisted%20Therapy&dx=35&drp=](https://www.needymeds.org/copay_diseases.taf?function=summary&disease_id=1035&disease_eng=Conditions%20requiring%20Pet%2DAssisted%20Therapy&dx=35&drp=)

## Phone Service

- <https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications>
- [http://www.needhelppayingbills.com/html/telephone\\_assistance\\_program\\_.html](http://www.needhelppayingbills.com/html/telephone_assistance_program_.html)
- Low Cost Telephone <https://www.usa.gov/help-with-bills#item-34762>

## Pregnancy, Fertility Issues, & Cancer (General)

- [https://www.cancercare.org/publications/332-coping-with-fertility-concerns-finding-resources-and-support?utm\\_source=May+17+E-News&utm\\_campaign=May+17+eNews&utm\\_medium=email](https://www.cancercare.org/publications/332-coping-with-fertility-concerns-finding-resources-and-support?utm_source=May+17+E-News&utm_campaign=May+17+eNews&utm_medium=email)
- <https://ww5.komen.org/BreastCancer/Table55Pregnancyandbreastcancersurvival.html>
- Hope For Two [www.hopefortwo.org/contact-us/](http://www.hopefortwo.org/contact-us/)
- <https://www.savemyfertility.org/>

## Pregnancy During Cancer

- <https://www.cancer.org/cancer/breast-cancer/treatment/treating-breast-cancer-during-pregnancy.html>
- [http://www.breastcancer.org/tips/fert\\_preg\\_adopt/bc\\_pregnancy](http://www.breastcancer.org/tips/fert_preg_adopt/bc_pregnancy)
- <http://www.webmd.com/breast-cancer/breast-cancer-during-pregnancy#1>
- <http://www.cancer.net/navigating-cancer-care/dating-sex-and-reproduction/cancer-during-pregnancy>
- <http://www5.komen.org/BreastCancer/TreatmentDuringPregnancy.html>
- <https://www.cancer.gov/types/breast/patient/pregnancy-breast-treatment-pdq>

## Pregnancy After Cancer

- <http://www.cancer.net/survivorship/life-after-cancer/having-baby-after-cancer-pregnancy>
- <https://www.cancer.org/cancer/breast-cancer/living-as-a-breast-cancer-survivor/pregnancy-after-breast-cancer.html>
- [http://www.breastcancer.org/tips/fert\\_preg\\_adopt/preg\\_post\\_treat](http://www.breastcancer.org/tips/fert_preg_adopt/preg_post_treat)
- [https://www.nccn.org/patients/resources/life\\_after\\_cancer/pregnancy.aspx](https://www.nccn.org/patients/resources/life_after_cancer/pregnancy.aspx)
- <https://m.komen.org/BreastCancer/PregnancyAfterBreastCancer.html>
- <https://www.livestrong.org/we-can-help/livestrong-fertility>

# Prescription Medication Assistance

- 1) Check with your physician and local pharmacy to ask about possible alternative medications that are less expensive.
  - 2) Ask the pharmacist about other assistance programs
  - 3) Your physician can file an exception for the medication to be covered by your insurance due to medical necessity.
  - 4) Check to see if your local or state government including the health department to see if there is any assistance for patients with cancer. You can check with religious nonprofits, general assistance nonprofits, and cancer nonprofits for assistance.
  - 5) Search "the name of your state + prescription assistance program"
- <https://www.consumer.ftc.gov/articles/0319-prescription-assistance-programs-health-information-older-people>
  - Listing of Assistance With Prescription Medications <https://www.usa.gov/help-with-bills#item-35167>
  - <http://cancerfairygodmother.com/prescription-co-pay-assistance-cancer/>
  - <https://www.drugs.com/pharmaceutical-companies.html> (list of pharmaceutical companies)
  - <http://www.diabetes.org/living-with-diabetes/health-insurance/prescription-assistance.html> (listing of resources)
  - <https://www.verywell.com/prescription-assistance-programs-2615045>
  - American Cancer Society [www.cancer.org](http://www.cancer.org) (800) ACS(227)-2345
  - <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-health-insurance/if-you-have-trouble-paying-a-bill/prescription-drug-assistance-programs.html>
  - <https://www.cancer.org/treatment/finding-and-paying-for-treatment/managing-costs/prescription-drug-assistance-programs.html>
  - Cancer Care Co-Payment Assistance Fund 866-552-6729\*
  - Centers For Medicare and Medicaid <https://www.cms.gov/Medicare/Coordination-of-Benefits-and-Recovery/Prescription-Drug-Assistance-Programs/Overview.html>
  - Chronic Disease Fund (formerly Good Days) 877-968-7233
  - Costco Pharmacy You can check with your local Costco pharmacy for possible lower costs and you don't have to be a member to go to their pharmacy.
  - Diplomat Pharmacy <http://www.diplomatpharmacy.com/> 877-977-9118
  - Gateway to Hope (MO only) 314-569-1113 [info@gthstl.org](mailto:info@gthstl.org) <http://www.gthstl.org/patients/services/>
  - Good RX [www.goodrx.com](http://www.goodrx.com)
  - It may be helpful to print the coupon for the specific medicine vs. the discount card. You can also check with Costco for possible lower prescription costs and you don't have to be a member to use the Costco Pharmacy but check their pharmacy hours.
  - Health Well Foundation (Financial Assistance) <https://www.healthwellfoundation.org/> 800-675-8416  
Assistance with coinsurance, copayments, health care premiums and deductibles for certain medications and therapies
  - Johnson & Johnson Patient Assistance Foundation <https://www.jpaf.org/> 800-652-6227
  - Lily Cares <https://www.lilycares.com/> 800-545-6962
  - Managed RX Plans 800-799-8765
  - Medication Manufacturers Indigent Program [www.themedicineprogram.com](http://www.themedicineprogram.com)
  - Nancy's list (Prescription Resources) <https://nancyslist.org/2017/11/16/medication-assistance/>
  - Needy Meds <http://www.needymeds.org/> 800-503-6897  
978-281-6666
  - \*Needy Meds also has webinars about many health issues & financial issues for patients. Here is the listing of their webinars. You can sign up for their emails. (They have webinars about how to afford pet meds & many topics)  
<https://www.needymeds.org/webinar> (Upcoming Needy Meds Webinar Listing)  
<https://www.youtube.com/channel/UCx7n5Fa174jgsOQESNVC46w> (Previously Recorded Needy Meds Webinars)  
<https://www.needymeds.org/subscription> (Sign up for Needy Meds Monthly Newsletter)
  - Neulasta <https://www.neulasta.com/support/> 888-657-8371
  - Partnership for Prescription Assistance (PPA) <https://www.pparx.org/> 888-477-2669
  - Patient Advocate Foundation <https://www.patientadvocate.org/cardio-it-matters-sheets/what-if-your-prescription-costs-too-much/> (800) 532-5274

## Prescription Medication Assistance (*continued*)

- The Patient Advocate Foundation Co-Pay Relief <https://www.copays.org/> 866-512-3861
- Pfizer Prescription Assistance <https://www.pfizerxpathways.com/> 212-733-2323
- RX Assist <http://www.rxassist.org/> <http://www.rxassist.org/pap-info> email: [info@rxassist.org](mailto:info@rxassist.org)
- RX Hope [www.rxhope.com](http://www.rxhope.com)
- SSA Medicare Prescription Assistance (Extra Help Program) 800-772-1213 (TTY 800-325-0778)  
<https://www.ssa.gov/medicare/part-d-extra-help>  
<https://www.ssa.gov/benefits/assets/materials/medicare/StateManual.pdf>
- Maryland Senior Prescription Drug Assistance Program <http://marylandspdap.com/>
- Pennsylvania Drug Assistance Program <https://www.staterxplans.us/pennsylvania.html>
- Single Care [www.singlecare.com](http://www.singlecare.com)
- TAF (The Assistance Fund) <https://tafcares.org/>
- Teva Pharmaceutical Prescription Assistance 877-254-1039
- Tips When Health Insurance Will Not Pay  
<https://www.verywell.com/when-your-insurance-company-wont-pay-12-tips-3231743>
- [http://www.cancersupportivecare.com/drug\\_assistance.html](http://www.cancersupportivecare.com/drug_assistance.html)
- <https://www.gene.com/patients/patient-access>
- <https://www.usa.gov/help-with-bills#item-35167>
- <https://www.cancerresources.org/services/prescription-assistance/>
- TMP <http://www.themedicineprogram.com/>
- Web MD [https://www.webmd.com/rx?ecd=oas\\_bc\\_rx](https://www.webmd.com/rx?ecd=oas_bc_rx)  
<http://www.webmd.com/healthy-aging/patient-assistance-programs-for-prescription-drugs#1> (listing of resources)

# Religious Social Services

- **General Suggestions** Check with local religious congregations/organizations and national religious organizations of different faiths for possible help/suggestions. For many religious groups you do not have to be a part of this faith to receive help. Often religious and community groups work together and network to help people in the area so even if that group cannot help they may know of others who can possibly help. Sometimes help is available for gas, food, housing/utilities, and other assistance needed. It is helpful to make a list of what type of help you need (financial/non-financial) before calling to be more efficient in your calls. You can ask what services they offer. Some religious organizations have separate nonprofit organizations but others help on a local or regional level so calling local religious groups/congregations can be helpful.
- [http://www.needhelppayingbills.com/html/church\\_assistance\\_.html](http://www.needhelppayingbills.com/html/church_assistance_.html) listing of religious groups that help
- **Catholic Charities** (helps nationally) [703-549-1390](tel:703-549-1390) <https://catholiccharitiesusa.org/find-help>
- **Lutheran Services in America** nationwide listing of Lutheran organizations such as **Lutheran Social Services** (ELCA Lutheran Church) & **Lutheran Mission Society** (part of Missouri Synod Lutheran Church) providing many types of assistance
  - [www.lutheranservices.org](http://www.lutheranservices.org) (main website & office in Washington, D.C.) 800-664-3848 or 202-499-5836
  - <https://lutheranservices.org/our-network/> (map and listing of organizations nationwide & includes some locations of Lutheran Mission Society in MD—see the listing below)
  - [https://lutheranservices.org/wp-content/uploads/2022/10/LSA\\_SMOPublicDirectory\\_100622.pdf](https://lutheranservices.org/wp-content/uploads/2022/10/LSA_SMOPublicDirectory_100622.pdf) (2022 national directory of Lutheran organizations that offer help (if this link is not working go to <https://lutheranservices.org/our-network/> then click on “download directory”
- **Lutheran Social Services (LSS)** (separate organization from Lutheran Mission Society)
  - [http://lerv.imiscloud.com/Members/Membership/Services\\_Search/LSA\\_Members/Services\\_Search.aspx](http://lerv.imiscloud.com/Members/Membership/Services_Search/LSA_Members/Services_Search.aspx) (search by state or type of help for a local Lutheran Social Services organization)
  - Some LSS groups may have a name other than Lutheran Social Services but you can search “Lutheran Social Services + your state” to look for your location and if you cannot find one contact Lutheran Services in America for an office near you. See the above listing for Lutheran Services in America if you are having problems finding a local office.
    - General listing of Lutheran Social Services groups by state [https://www.needhelppayingbills.com/html/lutheran\\_social\\_ministry\\_finan.html](https://www.needhelppayingbills.com/html/lutheran_social_ministry_finan.html)
    - Southern California <https://www.lsssc.org/location/san-bernardino-county/> 877-577-7267 (M-F 9-4 PST)
    - Illinois <https://www.lssi.org/> 847-635-4600 <https://www.lssi.org/contact-us/>
    - Minnesota <https://www.lssmn.org/> 800-582-5260
    - National Capital Area MD, VA, & DC <https://lssnca.org/> 202-723-3000
    - New England <https://www.ascentria.org/> (Ascentria Care Alliance, formerly Lutheran Social Services of New England) helping in CT, ME, MA, NH, & VT) 774-243-3100 Worcester, MA office 830am-5pm EST
    - New York <https://lssny.org/> 212-870-1100
    - Central Ohio <https://lssnetworkofhope.org/> 614-228-5200
    - South Dakota <https://lsssd.org/> 800-568-2401 or 605-444-7500 [info@lsssd.org](mailto:info@lsssd.org)
    - Southwest <https://www.lss-sw.org/> [requests-comments@lss-sw.org](mailto:requests-comments@lss-sw.org)
      - Tucson, AZ office 520-748-2300
      - Phoenix, AZ office 480-396-3795
    - Wisconsin & Upper Michigan <https://www.lsswis.org/> 414-246-2300 <https://www.lsswis.org/contact-us/>
- **Lutheran Mission Society** (separate Lutheran organization from Lutheran Social Services)
  - Lutheran Mission Society Compassion Place locations in MD & PA <https://compassionplace.org/>  
<https://compassionplace.org/centers/> (centers)  
<https://www.stpaulsgb.org/lutheran-mission-society> 410-636-0123 [www.lutheranmissionsociety.org](http://www.lutheranmissionsociety.org)

## Religious Social Services (*continued*)

- Love INC <https://www.loveinc.org/affiliate-locations/>  
[http://www.needhelppayingbills.com/html/love\\_inc\\_emergency\\_assistance.html](http://www.needhelppayingbills.com/html/love_inc_emergency_assistance.html)
- Salvation Army <https://www.salvationarmyusa.org/usn/> search to find a Salvation Army near you
- St. Vincent de Paul <https://ssvpusa.org/> (national office) 314-576-3993  
<https://ssvpusa.org/assistance-services/> (search for local offices near you)
- Jewish Federation of North America <https://www.jewishfederations.org/> 212-284-6500 (search for local offices near you)

## Rides & Transportation

- Check the General Assistance section of this document and check with these groups for possible transportation assistance.
- If you have been diagnosed with cancer and are seeking treatment you can check with your local government and the local state/city/county transportation department to see if you qualify for rides for seniors and people with disabilities.
- If you are considered a senior citizen you may be able to qualify for local government transportation services so check with your local government about these services.
- Needy Meds Listing of Travel Assistance  
[https://www.needy meds.org/medtrans\\_diseases.taf?\\_function=summary&disease\\_id=43&disease\\_eng=Cancer%20-%20All&dx=20&drp=cancer&serviceID=39](https://www.needy meds.org/medtrans_diseases.taf?_function=summary&disease_id=43&disease_eng=Cancer%20-%20All&dx=20&drp=cancer&serviceID=39)
- Check with the provider where you are seeking treatment especially the social worker, nurse navigator, or patient advocate if they are able to assist with rides to appointments or know of other possible assistance.
- American Cancer Society (Road to Recovery) 1-800-ACS (227)-2345  
[www.cancer.org/treatment/supportprogramsservices/road-to-recovery](http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery)
- CancerCare Door to Door Program  
CancerCare <https://www.cancercare.org/financial> (800) 813-HOPE (4673)
- <https://www.dav.org/veterans/i-need-a-ride/> (military vets)
- Livestrong 1-855-220-7777  
[www.livestrong.org/we-can-help/planning-medical-care/transportation-and-other-cancer-support-services](http://www.livestrong.org/we-can-help/planning-medical-care/transportation-and-other-cancer-support-services)
- <https://www.cancerresources.org/> 1-800-401-9054 (Ohio residents)
- Uber <https://www.uber.com/> Lyft <https://www.lyft.com/>
- Gateway to Hope (MO only) 314-569-1113 [info@gthstl.org](mailto:info@gthstl.org) <http://www.gthstl.org/patients/services/>
- Mercy Medical Angels <https://www.mercymedical.org/request-assistance>

## *Nonprofits That May Be Able To Help With Gas Grants and/or Rides*

Check with the following for possible help: cancer/breast cancer groups, religious groups, community & emergency assistance groups, and staff members where you see the doctor and have treatment such as social workers, nurse navigators, and patient navigators.

- Catholic Charities <https://catholiccharitiesusa.org/find-help> 703-549-1390
- Lutheran Social Services  
[http://lserve.imiscloud.com/Members/Membership/Services\\_Search/LSA\\_Members/Services\\_Search.aspx](http://lserve.imiscloud.com/Members/Membership/Services_Search/LSA_Members/Services_Search.aspx)  
[https://lserve.imiscloud.com/Members/Membership/Directory/LSA\\_Members/Directory1.aspx](https://lserve.imiscloud.com/Members/Membership/Directory/LSA_Members/Directory1.aspx)  
[http://www.lutherservices.org/sites/default/files/images/pdfs/LSA\\_Member\\_Directory\\_March\\_2017.pdf](http://www.lutherservices.org/sites/default/files/images/pdfs/LSA_Member_Directory_March_2017.pdf)
- Salvation Army <http://www.salvationarmyusa.org/>
- United Way <http://www.unitedway.org/>
- YMCA <http://www.ymca.net/>
- [http://www.needhelppayingbills.com/html/get\\_free\\_gasoline.html](http://www.needhelppayingbills.com/html/get_free_gasoline.html)
- [http://www.needhelppayingbills.com/html/free\\_gas\\_vouchers.html](http://www.needhelppayingbills.com/html/free_gas_vouchers.html)
- [http://www.needhelppayingbills.com/html/gasoline\\_and\\_car\\_repairs\\_from\\_.html](http://www.needhelppayingbills.com/html/gasoline_and_car_repairs_from_.html)

## Rides & Transportation (*continued*)

### Car Repairs

- [http://www.needhelppayingbills.com/html/gasoline\\_and\\_car\\_repairs\\_from\\_.html](http://www.needhelppayingbills.com/html/gasoline_and_car_repairs_from_.html)

### Vehicles

- <http://www.vehiclesforchange.org/> <http://freefinancialhelp.net/get-used-car-goodwill/>
- [http://www.needhelppayingbills.com/html/need\\_a\\_free\\_car.html](http://www.needhelppayingbills.com/html/need_a_free_car.html) \*\*excellent\*\*
- <http://www.800charitycars.org/who-can-apply.html>
- God's Garage (TX) <https://godsgarage.org/car-service-request-application/>
- [http://save.lovetoknow.com/Free\\_Cars\\_for\\_Low\\_Income\\_Families](http://save.lovetoknow.com/Free_Cars_for_Low_Income_Families)
- <http://angiesangelhelpnetwork.com/help-for-low-income-families/cars-for-low-income-families/>
- [http://www.needhelppayingbills.com/html/gasoline\\_and\\_car\\_repairs\\_from\\_.html](http://www.needhelppayingbills.com/html/gasoline_and_car_repairs_from_.html)

### Help With Car Payments & Insurance

- Jill's Wish <https://www.jillswish.org/> 702-237-9123
- <https://bringinghopehome.org/nominate/guidelines/> (DE, NJ, & PA) one time financial assistance with essential household bills such as rent/mortgage, utilities, car payment/insurance, cable, & cell phone for patients and families who are in active cancer treatment [www.bringinghopehome.org](http://www.bringinghopehome.org)

## Rides & Transportation - Other Transportation (Flights)

You may call airlines regarding medical transportation assistance and discounts for patients with a serious illness. Ask about any medical transportation assistance programs. Ask if they provide discounts or assistance to military members and families as well as veterans.

- Air Charity Network: National (877) 621-7177
- Air Flight: Mid-Atlantic Region (800) 296-3797
- Angel Flight West <http://www.angelflightwest.org/>
- Angel Wheels <http://angelwheels.org/>
- <http://cancerhawk.com/2012/10/22/free-flights-for-cancer-patients-2/>
- Corporate Angel Network <http://www.corpangelnetwork.org/>
- Mercy Medical Airlift <http://mercymedical.org/>
- National Patient Travel Center (800) 296-1217
- National Association of Hospital Hospitality Houses (800) 542-9730
- Raquel's Wings For Life <http://raquelswingsforlife.com/>
- Southwest Airlines 1 (800) I-FLY-SWA (1-800-435-9792) <http://www.southwest.com/>
- [https://www.southwest.com/html/southwest-difference/community-involvement/charities/medical\\_transportation.html](https://www.southwest.com/html/southwest-difference/community-involvement/charities/medical_transportation.html)
- <http://www.fisherhouse.org/get-help/> (military)
- Good Days 877-968-7233 <https://www.mygooddays.org/>



# Scholarships

Please check with national and local cancer organizations as well as colleges and universities for scholarships for cancer patients, survivors, and family members of cancer patients and survivors. Please also see the following sections in this document: Breast Cancer – Breast Cancer Organizations, Cancer Financial Assistance & Resources (general cancer), Cancer Information & Organizations (general cancer), and Financial Assistance & Support (General) – Nationwide.

- <https://nancyslist.org/2017/11/16/scholarships/>
- <https://www.fastweb.com/college-scholarships/articles/cancer-scholarships>
- <https://www.cancer.org/research/we-fund-cancer-research/apply-research-grant/grant-types/graduate-scholarships-cancer-nursing.html>
- <http://www.ils.org/support/other-helpful-organizations/financial-resources/scholarships-education>
- <https://www.mskcc.org/experience/living-beyond-cancer/resources-survivors/work-education-financial-resources/education-scholarships>
- <http://www.chop.edu/health-resources/scholarship-opportunities-survivorship-and-oncology-patients>
- <http://www.bu.edu/met/admissions/financial-aid-scholarships/scholarships/scholarship-for-cancer-patients-survivors/>
- <http://www.collegescholarships.org/scholarships/cancer-students.htm>
- <https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/cancer-scholarships/>
- <http://www.cookchildrens.org/hematology-oncology/resources/Pages/Scholarships-for-Cancer-Patients-and-Survivors.aspx>
- <https://www.cancerforcollege.org/>
- <http://ulmanfund.org/scholarships/>
- <http://www.finaid.org/scholarships/cancer.phtml>

## Seeking A Second Medical Opinion

- If you have private insurance, Medicaid, or Medicare, you can ask your insurance company, Medicaid, or Medicare about how to obtain a second opinion and if this is covered. You may want to check with your state insurance commission and/or legal aid to find out about your rights to a second medical opinion.
- [https://www.breastcancer.org/treatment/second\\_opinion/when](https://www.breastcancer.org/treatment/second_opinion/when)
- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/choosing-your-treatment-team/seeking-a-second-opinion.html>
- <http://www.cancercare.org/questions/206>
- <http://www.cancer.net/navigating-cancer-care/cancer-basics/cancer-care-team/seeking-second-opinion>
- <http://www.webmd.com/cancer/features/cancer-when-do-you-need-a-second-opinion-and-why>
- <http://www.cancercare.org/publications/264-when-to-get-a-second-opinion>
- <http://www.webmd.com/cancer/features/cancer-diagnosis#1>
- <http://www.npr.org/2012/01/19/145463697/when-and-how-to-ask-for-a-second-medical-opinion>
- [http://www.breastcancer.org/treatment/second\\_opinion/making\\_sense](http://www.breastcancer.org/treatment/second_opinion/making_sense)
- <http://ww5.komen.org/BreastCancer/SeekingaSecondOpinion.html>
- <https://www.patientadvocate.org/cardio-it-matters-sheets/second-opinions/>
- <https://www.verywell.com/finding-a-second-opinion-doctor-2615473>
- <https://www.medicare.gov/what-medicare-covers/part-b/second-opinions-before-surgery.html>
- <http://health.usnews.com/health-news/patient-advice/articles/2014/07/23/a-patients-guide-to-second-opinions>
- <https://www.verywell.com/finding-a-second-opinion-doctor-2615473>

# Support For Patients With Cancer & Their Families

You can check with local hospitals, breast centers, cancer centers, and oncologist offices for support groups in your area. Check if there is a nurse navigator, oncology social worker, or patient advocate/navigator where you are seeking cancer treatment as they may know of local support groups.

- HealthWell Foundation Cancer Related Behavioral Health Fund <https://www.healthwellfoundation.org/fund/cancer-related-behavioral-health/>
- Bone Marrow & Cancer Foundation (helps with all types of cancer) [www.bonemarrow.org](http://www.bonemarrow.org)
- Susan G Komen Support <http://ww5.komen.org/BreastCancer/WhatIsSocialSupport.html#Finding-Local--Online-and-Telephone-Support> (great listing)
- List of Resources <https://www.hhs.gov/programs/providers-and-facilities/resources-for-caregivers/index.html>
- After Breast Cancer Diagnosis 800-977-4121 or 800-221-2141  
<https://www.abcdbreastcancersupport.org/get-support/>
- American Cancer Society  
<https://www.cancer.org/treatment/support-programs-and-services.html>  
<http://www.cancer.org/treatment/supportprogramsservices/index> <https://www.cancer.org/treatment/caregivers.html>

Reach to Recovery Program (Speak to a breast cancer survivor for help)

<https://www.cancer.org/treatment/support-programs-and-services/reach-to-recovery.html>

- American Psychosocial Oncology Society (support for cancer pt & caregiver) <http://apos-society.org/>  
To request a confidential referral, please call: Toll Free 1-866-276-7443 (1-866-APOS-4-HELP). Calls are accepted Mon-Fri 9 am- 8 pm ET. If you reach a recording, please leave your name and contact number, and one of the Helpline counselors will call you as soon as possible.
- Betty J Borry Breast Cancer Retreats & Support (residents of CT, MA, ME, NH, RI, & VT)  
<https://bjbbreastcancerretreats.org/>
- Book by Rachel Engstrom sharing what she learned when her husband had cancer <https://www.wifewidownowwhat.com/>
- Breast Cancer Support Helpline Listing <http://mbcn.org/peer-support-matches-telephone-hotline/>
- Breast Cancer.Org Resources [http://www.breastcancer.org/tips/telling\\_family](http://www.breastcancer.org/tips/telling_family)
- Bright Pink <https://www.brightpink.org/pinkpal/>
- CancerCare Support Groups [www.cancercare.org/support\\_groups](http://www.cancercare.org/support_groups)
- CancerCare (Support, Financial Assistance) <http://www.cancercare.org/> (800) 813-HOPE (4673)  
<http://www.cancercare.org/counseling> <http://www.cancercare.org/tagged/caregiving>

CancerCare has also partnered with the Triple Negative Breast Cancer Foundation to assist and support women with triple-negative breast cancer. Call 877-880-TNBC (877-880-8622).

- Cancer Hope Network <http://www.cancerhopenetwork.org/> 877-HOPE NET
- Cancer.Net Resources

<http://www.cancer.net/coping-with-cancer>

<http://www.cancer.net/coping-with-cancer/finding-support-and-information>

<http://www.cancer.net/coping-with-cancer/finding-support-and-information/telephone-and-e-mail-cancer-helplines>

- Cancer Support Community Resources  
<https://www.cancersupportcommunity.org/online-cancer-support>  
<https://www.cancersupportcommunity.org/cancer-support-helpline>  
[http://www.cancersupportcommunity.org/find-support/support-topics/should-join-support-group?utm\\_campaign=NHCWeekV5&utm\\_medium=Email&utm\\_source=nationalhealthcentersweekversion5&utm\\_content=link-AffiliateSupportGroups](http://www.cancersupportcommunity.org/find-support/support-topics/should-join-support-group?utm_campaign=NHCWeekV5&utm_medium=Email&utm_source=nationalhealthcentersweekversion5&utm_content=link-AffiliateSupportGroups)
- <https://www.livestrong.org/we-can-help/caregiver-support>

## Support For Patients With Cancer & Their Families (*continued*)

- Living Beyond Breast Cancer <https://www.lbbc.org/get-support>
- Livestrong <https://www.livestrong.org/we-can-help>
- Male Breast Cancer Support  
[https://www.cancercares.org/support\\_groups/154-susan\\_g\\_komen\\_male\\_breast\\_cancer\\_patient\\_support\\_group](https://www.cancercares.org/support_groups/154-susan_g_komen_male_breast_cancer_patient_support_group)
- Meetup Support Groups <https://www.meetup.com/topics/cancer/> (Search cancer support groups in your area)
- R.A. Block Cancer Foundation <http://blochcancer.org/about/cancer-hot-line/>
- Share Cancer Support [www.sharecancersupport.org](http://www.sharecancersupport.org) 844-ASK-SHARE (844-275-7427)
- Sharsheret <https://sharsheret.org/what-we-do/> (866) 474-2774
- Smith Center [www.smithcenter.org](http://www.smithcenter.org) (provides many types of support for cancer patients and their families)
- <https://smithcenter.org/about-smith-center/stay-connected/> (to subscribe to the group/event emails)
- Susan G Komen <http://www5.komen.org/BreastCancer/SupportGroups.html> (877) 465-6636
- <http://www.wypr.org/post/caregivers-0> (financial resources for caregivers)
- Women Coping With Cancer Support Group (Carol Flores) 661-917-9134

# Veterans

TIPS: When looking for assistance, resources, or employment it is a good idea to mention that you are a veteran or a dependent of a veteran. There could possibly be benefits and assistance you are not aware of.

- \*Important Phone Numbers For Veterans (listing) [https://www.va.gov/landing2\\_contact.htm](https://www.va.gov/landing2_contact.htm)
- Veterans Crisis Line 1-800-273-8255 (Press 1) Benefits: 1-800-827-1000
- Health Care: 1-877-222-VETS (8387) VA Inspector General: 1-800-488-8244
- \*VA Listing of Veteran Groups <https://www.va.gov/vso/>
- \*VA Benefits Listing <http://error.vba.va.gov/>
- \*USO (active military members & their families) <https://www.uso.org/programs>

## *Suicide Prevention & Assistance*

- <https://www.legion.org/suicideprevention/veteranresources>

## *General Military Veteran Benefits & Resources*

- <http://www.militaryonesource.mil/>
- Veterans Affairs <https://www.va.gov/>
- [https://iris.custhelp.com/app/answers/detail/a\\_id/1703](https://iris.custhelp.com/app/answers/detail/a_id/1703)
- <http://www.dmva.pa.gov/veteransaffairs/Pages/default.aspx>
- <https://www.usa.gov/veterans> (Federal Benefits for Veterans, Dependents, & Survivors)
- <http://www.redcross.org/get-help/military-families/services-for-veterans>
- <https://www.operationfirstresponse.org/military-family-assistance-program/>
- <http://www.bbbmarketplacetrust.org/category/291048/military-and-veterans>
- <http://www.bbbmarketplacetrust.org/category/298045/resources> *State Veteran Resources*
- Go to your state government website and search for veterans affairs and veterans benefits
- <http://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html>
- <http://211.org/services/veterans> (United Way)
- <https://priorityveteran.org/resources/>
- <http://legalassistance.law.af.mil/content/locator.php> (current military legal assistance)
- <https://vfwauxiliary.org/what-we-do/veteran-family-support/>
- <https://www.archives.gov/veterans/benefits.html>
- [https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp) (general listing of VA benefits)
- <http://www.dva.wa.gov/sites/default/files/Benefits%20by%20State%20March%202009.pdf>
- <https://www.vfw.org/NVS> <https://www.vfw.org/assistance/va-claims-separation-benefits>
- <http://www.amputee-coalition.org/resources/financial-assistance-for-prosthetic-services/> (check for veteran resources)
- <https://www.caregiver.va.gov/> (caregiver resources)

## *Housing*

- <https://www.va.gov/homeless/resources.asp>
- <https://www.va.gov/HOMELESS/resources.asp>
- <https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/>
- [https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/comm\\_planning/homeless](https://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/homeless)

## *Disabled Veteran Resources*

- <https://www.dav.org/veterans/find-your-local-office/> (Find your local office)
- <https://www.woundedwarriorproject.org/programs/www-resource-center>
- [https://www.eeoc.gov/eeoc/publications/ada\\_veterans\\_employers.cfm](https://www.eeoc.gov/eeoc/publications/ada_veterans_employers.cfm)
- <https://www.ssa.gov/people/veterans/>
- <https://www.benefits.gov/benefits/benefit-details/278>
- <http://www.operationwearehere.com/WoundedWarriorFinancial.html>
- <http://www.benefits.va.gov/compensation/>

# Veterans (*continued*)

## *Veteran Organizations*

- American Legion  
<https://www.legion.org/financialassistance> (temporary financial assistance)  
<https://www.legion.org/veteransbenefits/>
- VFW  
<https://www.vfw.org/find-a-post>

## *Federal Burial Benefits*

- [https://www.cem.va.gov/burial\\_benefits/](https://www.cem.va.gov/burial_benefits/)

## *Healthcare Benefits For Veterans*

- <https://www.usa.gov/veteran-health>  
*Veterans Pensions*
- <https://www.usa.gov/veterans-pension-benefits>

## *U.S. Army Benefits*

- <http://myarmybenefits.us.army.mil/>
- [http://myarmybenefits.us.army.mil/Home/Benefit\\_Library/Federal\\_Benefits\\_Page.html](http://myarmybenefits.us.army.mil/Home/Benefit_Library/Federal_Benefits_Page.html) (federal benefits)

## *Employment--Veterans*

- <https://www.vets.gov/employment/>
- <https://www.careeronestop.org/Veterans/default.aspx?frd=true>  
Check with your state department of labor about their job centers which may be called workforce exchange. When you go be sure to mention you are a veteran.
- <https://www.dol.gov/vets/>
- <https://hireourheroes.org/veterans/get-started/>
- <https://www.va.gov/vetsinworkplace/resources.asp>
- <https://www.dav.org/veterans/employment-resources/job-search-events/>
- <https://www.usm.edu/military-veterans/resources-assist-our-veterans>
- <http://veterans.gov/>

## *Obtaining military records*

- <https://www.archives.gov/veterans/military-service-records#emergency> (emergency records request)
- <https://www.archives.gov/veterans/military-service-records>
- <https://vetrecs.archives.gov/VeteranRequest/home.html>
- <https://www.archives.gov/veterans/military-service-records/standard-form-180.html>
- [https://www.cem.va.gov/recmed\\_records.asp](https://www.cem.va.gov/recmed_records.asp) (obtaining records & replacement medals)

## *Rides*

Check with the VA, DVA, and other veteran groups about rides to the VA medical center and possibly other rides.

- VA Listing of Veteran Groups <https://www.va.gov/vso/>
- <https://www.dav.org/veterans/i-need-a-ride/>
- <https://www.va.gov/HEALTHBENEFITS/vtp/>

## *Lodging*

- <http://www.fisherhouse.org/get-help/> (military)

## *Travel Assistance*

- <http://www.fisherhouse.org/get-help/> (military)

## *Legal*

- <https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/family-and-medical-leave-act.html> (Family Medical Leave Act--check for military section)
- [http://www.americanbar.org/portals/public\\_resources/aba\\_home\\_front/directory\\_programs.html](http://www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html)

## Wish Fulfillment

- <http://www.dreamfoundation.org/>
- <https://www.cancer.net/coping-with-cancer/finding-support-and-information/wish-fulfillment-organizations-people-with-cancer>