

Help Me Help You



Serving the Underserved

# Cancer Awareness and Prevention

## SUPPORTING A LOVED ONE WITH CANCER

### How to help emotionally:

- Be a good listener – let them express fears and frustrations
- Avoid clichés like “stay positive” – just be present and patient
- Offer encouragement without pressure

### How to help practically:

- Drive them to appointments
- Help prepare meals or do grocery shopping
- Organize their medications or doctor visits

### What to avoid:

- Don't assume what they need – ask how you can support them
- Don't offer unsolicited medical advice
- Respect their choices about treatment

### Be a support partner:

- Encourage healthy habits (eating, walking, rest)
- Celebrate small victories together
- Join them for walks or relaxation activities

### You matter too!

Take breaks, care for yourself, and seek support if you need it.

