

# Coping Together

Resources provided by Jared A. Durtschi, PhD



## Self-Care & Emotional Support

### American Cancer Society (ACS)

[www.cancer.org](http://www.cancer.org)

Offers comprehensive information on cancer types, treatment options, and support services for patients and caregivers.

### National Cancer Institute (NCI)

[www.cancer.gov](http://www.cancer.gov)

Provides evidence-based resources on coping with cancer, including emotional support and managing stress.

### Cancer Support Community (CSC)

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

Delivers free support services, including counseling, support groups, and educational workshops.

### Healing Circles Global

[healingcirclesglobal.org](http://healingcirclesglobal.org)

Facilitates online and in-person healing circles for individuals affected by cancer, promoting shared experiences and mutual support.



## Caregiver Support

### Family Caregiver Alliance (FCA)

[www.caregiver.org](http://www.caregiver.org)

Offers resources and support for caregivers, including information on managing stress and accessing services.

### CancerCare

[www.cancercare.org](http://www.cancercare.org)

Provides free, professional support services for caregivers, including counseling and support groups.



## Read me! Strengthening Romantic Relationships

“7 Principles for Making Marriage Work”  
by John Gottman

“Hold Me Tight” by Susan Johnson



## Local Mental Health Therapists

### Andrew's and Associates

(785) 539-5455

Many various clinicians in private practice under one roof.

### Cornerstone Family Counseling

(785) 776-4105

Community mental health.

### Katie's Way Manhattan

(785) 320-7331

Specializes in working with young children and adolescents.

### KSU Family Center

(785) 532-6984

Operates on a sliding fee down to about \$10 a session.

### Pawnee Mental Health

(785) 587-4300

Community mental health agency with numerous services provided.

Look online for many other therapists in our area on [psychologytoday.com](http://psychologytoday.com) and [mhkmentalhealth.org](http://mhkmentalhealth.org).



## Communication & Connection

### CaringBridge

[www.caringbridge.org](http://www.caringbridge.org)

A platform that allows patients and families to share updates and receive messages of support from their community.

### Gilda's Club-

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

Provides free support for anyone affected by cancer, offering networking groups, educational workshops, and social activities.



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