Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

# Support Resources for Adolescents and Young Adults (AYAs)

This information lists support resources for people ages 15 to 39 who are getting treatment at MSK.

## MSK programs

### Adolescent and Young Adult (AYA) Program

We understand that being diagnosed with cancer or a blood disorder in your teens or early adulthood can be very challenging. To help support you, MSK offers the AYA Program for young people ages 15 to 39. This program aims to meet your unique needs throughout your care at MSK. Visit www.msk.org/aya to learn more.

Working with your care team and specialty services, this program offers support with:

- Life outside of cancer treatment
- Mental health resources and counseling
- Managing side effects during cancer treatment
- Fertility and sexual health
- LGBTQIA+ resources
- Working, attending school, or both during cancer treatment
- Financial and insurance concerns

The AYA Program also offers opportunities to connect with others through:

## Virtual Programs

Our Virtual Programs lets you connect with your peers, chat, and enjoy activities together. Programs include arts and crafts workshops, yoga, trivia and game nights, workshops on topics important to young adults, and more. You can find all our virtual offerings by visiting www.msk.org/events and searching for "young adult."

## Support Groups

The Department of Social Work offers support groups to talk about the unique patient experiences of young adults. Groups are run by an oncology social worker.

- **Young Adult and Young Onset Support Group:** This is an online support group for young adults (ages 21 to 49) who are in active treatment at MSK. Visit www.msk.org/event/young-adult-young-onset-support-group to learn more or register.
- **Post-Transplant Online Group for Young Adults:** This is an online support group for young adults (ages 18 to 39) who have had a stem cell transplant at MSK. This group is open to patients who are at least 1 month out from their initial transplant admission. Visit www.msk.org/event/post-transplant-online-group-young-adults to learn more or register.
- **Young Adult Caregiver Support Group:** This is an online support and education group for young adult caregivers (ages 18 to 45). This group is open to caregivers of adults who are in active treatment at MSK. Visit www.msk.org/cancer-care/patient-education/young-adult-caregiver-support-group to learn more or register.

## The Lounge App

The Lounge app is a private social media platform for MSK patients ages 18 to 39. On The Lounge app, you can:

- Connect with other patients around your age.
- Learn about or join events hosted by MSK or other partner organizations.
- Ask questions and get answers from experts.
- Share and access resources.

You can download The Lounge at MSK app in the App Store or on Google Play. Fill out this form to request a passcode to join.

## The Lounge

The Lounge gives you and your guests a space to hang out and relax. It's open to all MSK patients ages 15 to 39, whether you're inpatient or outpatient. The Lounge offers:

- Snacks
- TV with streaming services
- Art supplies and classes
- Video games, board games, books, and resources
- Weekly programming and special events

The Lounge is at:
1275 York Ave. (between East 67th and East 68th streets)
Bobst Building, 14th Floor, Room 1482B
New York, NY 10065

To learn more about the AYA Program, email ayaprogram@mskcc.org or call 646-608-8336.

# MSK support services

The following activities and support services are available to MSK patients of all ages, including adolescents and young adults. **Some services may need a referral from your care team or may charge a fee.**

### Cancer and Fertility Program

Some cancers and cancer treatments can affect your fertility. Talk with your healthcare provider about your fertility options before treatment. You can also ask them for a referral to our Cancer and Fertility Program.

### Counseling Center

Many people find that counseling helps them. Our Counseling Center offers counseling for individuals, couples, families, and groups. We can also prescribe medicine to help if you feel anxious or depressed. Ask a member of your care team for a referral or call 646-888-0200 to make an appointment.

### Help for Caregivers

MSK offers a variety of information, services, and support to help you in your role as a caregiver. Email forcaregivers@mskcc.org to learn more about support groups for caregivers.

### Integrative Medicine and Wellness Service

Our Integrative Medicine and Wellness Service offers many services to complement (go along with) traditional medical care. For example, we offer music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. Call 646-449-1010 to make an appointment for these services.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They will work with you to make a plan for creating a healthy lifestyle and managing side effects. Call 646-608-8550 to make an appointment for a consultation.

### Medical Nutrition Therapy Services

Our medical nutrition therapy services gives personal and evidence-based medical nutrition therapy to MSK patients. They can help you manage nutrition concerns, including those related to your cancer diagnosis. Call 212-639-7312 to learn more.

### Patient Financial Services

Our Patient Financial Services specialists are here to help you make sense of your insurance and payment questions. They can help whether you're a new patient or already in treatment. They also host informational sessions about health insurance coverage at MSK.

### Resources for Life After Cancer (RLAC) program

At MSK, care does not end after your treatment. Our RLAC program is for patients and their families who have finished treatment. We offer seminars, workshops, support groups, and counseling on life after treatment. We can also help with insurance and employment issues. To learn more, email RLAC@mskcc.org or call 646-888-8106. You can also see our calendar of upcoming programs and events for cancer survivors.

### Sexual Health Programs

Cancer and cancer treatments can affect your sexual health. These changes can affect you physically and emotionally, decreasing your interest in sexual activity and lowering your confidence. MSK's sexual health programs can help you before, during, or after your treatment.

- To see a specialist in our Female Sexual Medicine & Women's Health Program, ask a member of your MSK care team for a referral. You can also call 646-888-5076 to learn more.
- To see a specialist in our Male Sexual & Reproductive Medicine Program, ask a member of your care team for a referral. You can also call 646-888-6024 to learn more.

### Social Work Services

Social workers are available to provide emotional and practical support to patients and families. Our Social Work team offers disease-specific support groups and programs. Call 212-639-7020 to learn more.

### Spiritual Care

Our chaplains (spiritual counselors) are available to listen, help support family members, and pray. They can contact community clergy or faith groups, or simply be a comforting companion and a spiritual presence. Anyone can ask for spiritual support. You do not have to have a religious affiliation (connection to a religion). Call 212-639-5982 to learn more.

### Talking with Children About Cancer

Our Talking with Children About Cancer program provides information and support about how to talk with children and teens about cancer. They offer individual counseling and support groups. Call 212-639-7029 to learn more.

## External resources and support organizations

Here are some support organizations that can help you before, during, or after your cancer treatment. We hope this will give you some options for help, but please know that MSK does not endorse any of the organizations listed here.

### Teen Cancer America

www.teencanceramerica.org

Teen Cancer America (TCA) aims to improve the experience, outcomes, and survival of teens and young adults with cancer. TCA offers programming, online resources, and a newsletter for teen and young adult cancer patients and survivors.

### Stupid Cancer

www.stupidcancer.org

This organization provides education, referrals, advocacy, support, and information about financial assistance, including scholarship information. To learn more, call 212-619-1040.

### Elephants and Tea

www.elephantsandtea.com

This nonprofit media company produces an online magazine that's written for and by the AYA cancer community. It also has information about community events for AYA patients, survivors, and caregivers.

### Escape

www.escapeayac.org/about

This organization provides resources and support for LGBTQIA+ adolescents and young adults with cancer and their families.

### 13thirty

www.13thirty.org

13thirty Cancer Connect helps AYAs with cancer build a community with peers who understand their experiences. The organization is open to patients ages 13 to 30.

### Livestrong

www.livestrong.org

This organization has information on support, fertility, money, insurance, and practical needs.

### The Ulman Foundation

www.ulmanfoundation.org

The Ulman Foundation works at a grassroots level to support, educate, connect, and empower young adult cancer survivors.

### CancerCare's young adult support services

www.cancercare.org/tagged/young_adults

CancerCare offers free, professional support services for young adults with cancer. It has information about education workshops and support groups that are available online, by phone, and in person. Call 800-813-4673 or email info@cancercare.org to learn more.

### The SAM Fund

www.thesamfund.org

The SAM Fund is a grant and scholarship program for young adult cancer survivors. The fund can be used for many purposes, including vocational training, tuition, and medical expenses (such as co-pays and fertility treatments). To learn more, call 866-439-9365 or 617-938-3484.

### Cancer and Careers

www.cancerandcareers.org

This group supports and educates people with cancer on how to thrive in the workplace. To learn more, call 646-929-8032.

### Triage Cancer

www.triagecancer.org

This nonprofit group offers educational materials and events about the practical and legal issues faced by people with cancer and their caregivers. To learn more, call 424-258-4628.

### Caregather

www.caregather.com

Caregather is a free social support network that brings family, friends, and coworkers together to support a loved one.

### Imerman Angels

www.imermanangels.org

This organization provides peer support to caregivers and cancer fighters, survivors, and previvors (people at a higher risk for cancer). They're connected with Mentor Angels, who are peers that have similar stories and experiences with cancer.

To learn more about support resources, email ayaprogram@mskcc.org or call 646-608-8336.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Support Resources for Adolescents and Young Adults (AYAs) - Last updated on October 7, 2025
All rights owned and reserved by Memorial Sloan Kettering Cancer Center