



PATIENT & CAREGIVER EDUCATION

Support Resources for Adolescents and Young Adults

This information lists support resources for people aged 15 to 39 who are getting treatment at Memorial Sloan Kettering (MSK).

MSK Programs

Adolescent and Young Adult (AYA) Program

Our AYA Program helps adolescents and young adults meet the unique challenges young people face during cancer treatment. Working with the primary care team and specialty services, this program offers support with:

- Life outside of cancer treatment
- Fertility and sexual health
- LGBTQ+ resources
- Working, attending school, or both during cancer treatment
- Financial and insurance support
- Mental health resources and counseling
- Tips for management of treatment side effects

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

Teen and Young Adult Program at MSK (TYA @ MSK)

TYA @ MSK is a community for MSK patients aged 16 to 30. It offers opportunities to connect with people in this age group, join social activities, and access helpful resources. TYA @ MSK programs include:

- **Virtual Programming** lets you connect with your peers, chat, and enjoy activities together. Activities may include arts and crafts, comedy shows, yoga, trivia and game nights, and much more.
- **The Lounge App** is a social media platform for patients aged 18 to 30. It can help you connect to other patients around your age, find or suggest events at MSK or elsewhere, share experiences, ask questions, and get answers from experts. You can download The Lounge at MSK app in the App Store or on Google Play. Email tyaprogram@mskcc.org for a unique access code.
- **Peer-2-Peer** is a program that puts you in touch with peers who have completed treatment.

For more information about TYA @ MSK, email tyaprogram@mskcc.org or call 212-639-8925.

Young Adult Support Group

Our Young Adult Support Group is an online support group for young adults (ages 21 to 39) who are in active treatment at MSK. A social worker leads discussions about the unique patient experiences of young adults. For more information or to register, visit www.mskcc.org/event/young-adult-group or email virtualprograms@mskcc.org

Navigating Your Care as a Young Adult Patient: An Orientation

This is an online program for young adults between the ages of 18 and 49 who are in active treatment at MSK. We talk about the emotional and practical issues that young adults may face as they adjust to a cancer diagnosis. This program gives information about resources and support services available at MSK. We welcome caregivers to join us. For more information, visit www.mskcc.org/event/navigating-your-care-young-adult-patient-orientation

MSK Support Services

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

Integrative Medicine Service

Our [Integrative Medicine Service](#) offers services such as massages, acupuncture, yoga classes, reflexology, meditation,

nutritional consults, and workshops. For more information, call 646-888-0800.

Counseling Center

Our [Counseling Center](#) offers services for individuals, couples, and families. For more information, call 646-888-0100.

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](#). For more information, call 212-639-7020.

Help for Caregivers

Our caregiver [page](#) offers information, services, and support to help you in your role as a caregiver. To learn more about support groups for caregivers, email forcaregivers@mskcc.org

Talking with Children About Cancer program

Our [Talking with Children About Cancer program](#) helps support adults in cancer treatment as they parent their children and teenagers. For more information, call 212-639-7029.

Sexual health programs

Our sexual health programs offer services that can help you address sexual health issues related to cancer. MSK offers personal support services and therapies.

- For information about our [Female Sexual Medicine & Women's Health Program](#), call 646-888-5076.
- For information about our [Male Sexual & Reproductive Medicine Program](#), call 646-888-6024.

Cancer and Fertility Program

Some cancers and cancer treatments can affect your fertility. If having a biological child is important to you, talk with your healthcare provider about your fertility options before treatment or ask them for a referral to our [Cancer and Fertility Program](#).

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. For more information, call 212-639-7312.

Spiritual Care Services

Chaplains (spiritual counselors) from our [Spiritual Services](#) are here to help in many ways. They are available to listen, pray, contact community clergy or faith groups, or help support family members. They also can be a comforting companion and a spiritual presence. For more information, call 212-639-5982.

Resources for Life After Cancer (RLAC) program

Our [RLAC program](#) provides counseling, support groups,

education, and advocacy to cancer survivors and their families. For more information, call 646-888-8106 or email RLAC@mskcc.org. You can also see our [calendar](#) of upcoming seminars, support group meetings, workshops, and other programming for cancer survivors.

Patient activities

We offer many [patient activities](#) that encourage relaxation and provide distractions. We currently offer the following activities virtually because of COVID-19.

- Whether you're a beginner learning the basics of knitting or crocheting, or an intermediate or an advanced knitter, our [Knitting and Crocheting Workshop](#) lets you explore the joy of knitting and crocheting.
- Join us to explore the fine arts through acrylic painting in our easy-to-follow [art class](#).
- Are you a trivia buff? Join our [trivia hour](#) and put your skills to the test! Different themes each week. Prize awarded to the winner.
- We invite patients, survivors, and caregivers looking for support as they make music together to join [MSK's Rising Voices Choir](#). You do not need singing experience to join us.
- The Visible Ink writing program lets you express yourself in writing with the personal support of an experienced writing mentor. For more information, call 212-535-3985.

External Resources and Support Organizations

This information explains support organizations that may help you before, during, or after your cancer treatment. These support organizations are not affiliated with Memorial Sloan Kettering (MSK).

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

stupidcancer.org

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

Elephants and Tea

www.elephantsandtea.com

Elephants and Tea is a media company with the mission to help adolescent and young adult (AYA) patients, survivors, and caregivers know they are not alone in their fight with cancer.

Livestrong

www.livestrong.org

This organization has information on support, fertility, money, insurance and practical needs. It also has a hotline called Livestrong Navigation that gives free personal cancer support.

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 gives free, professional support services for young adults affected by cancer, as well as cancer information and resources. Groups are available online, by phone, and in person. For more information, call 800-813-4673 or email info@cancercare.org.

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). For more information, call 866-439-9365 or 617-938-3484.

Cancer and Careers

www.cancerandcareers.org

This group supports and educates people with cancer to thrive in the workplace. For more information, call 646-929-8032.

Triage Cancer

tragecancer.org

A national nonprofit group that offers educational material and events about the practical and legal issues faced by people with cancer and their caregivers. For more information, call 424-258-4628.

Caregather

www.caregather.com

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

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

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

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

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