



PATIENT & CAREGIVER EDUCATION

Center for Young Onset Colorectal and Gastrointestinal Cancer Resource List

This is a list of resources that support people with colorectal or gastrointestinal cancers. The list includes resources at MSK and other sources.

MSK Resources for Patients and Families

[MSK Social Work](#)

Our social workers help patients, families, and caregivers with the emotional, social, and physical effects of cancer.

[MSK Counseling Center](#)

We offer individual and family counseling to help patients, families, and caregivers cope with a range of feelings.

[MSK Talking with Children About Cancer Program](#)

We support adults getting cancer treatment as they parent their children and teenagers.

[MSK Patient and Caregiver Volunteer Program](#)

This program connects patients and caregivers with

volunteers who have been through a similar treatment or caregiving experience. They can talk with you about your challenges and concerns in person, or by phone or email.

MSK Virtual Support Programs

Our support groups and programs help people who have cancer and their loved ones. You can connect with others who are also in treatment or went through similar experiences.

- **Young Adult Support Group**
- **Ostomy Support Group**
- **MSK Parenting with Cancer: Patients with Young Children and Teens**

MSK Teen and Young Adult Program

We offer services and programs to help with isolation and connect patients with each other. We also help with psychological and social needs.

MSK Integrative Medicine and Wellness Service

We offer therapies to complement (go along with) your care. They include acupuncture, massage therapy, creative arts therapies, mind-body therapies, and exercises. The goal is to improve your treatment, emotional wellness, and quality of life.

MSK Spiritual and Religious Care

We offer spiritual care and religious support. We can help with questions of identity, meaning, purpose, value, and worth. We're here to listen, support, and comfort.

[MSK Caregiver Support](#)

At MSK, we recognize caregivers as an important part of the cancer care team and offer various resources and programs to help support caregivers.

Community Resources About Colorectal Cancer (all ages)

[Colorectal Cancer Alliance](#)

Provides support to patients, caregivers, and survivors. Raises awareness and fundraises for research.

[CC Alliance Buddy Program](#)

Connects you with a vetted Buddy who has been through a similar diagnosis. They can share advice that helped them get through colorectal cancer.

[Colon Town](#)

An online community of more than 100 Facebook groups for colorectal patients, survivors, and caregivers. Groups are based on disease stage, treatment plans, and special interests (such as clinical trials, the young-onset CRC experience, and local support groups).

[Fight Colorectal Cancer](#)

Supports advocacy and research for colorectal cancer.

[Colon Cancer Coalition](#)

Supports colon cancer prevention. The website has blog posts and stories about people affected by colon cancer. The goal is to build awareness and community.

Community Resources for Adults Under Age 50

[Colorectal Cancer Alliance - Never Too Young](#) (age 50 and under)

This group aims to learn more about why colorectal cancer is affecting young people. It offers support for those who are fighting colorectal cancer.

[Stupid Cancer](#) (ages 15 to 39)

This group aims to improve health outcomes (results) for the young adult cancer community through advocacy, research, support.

[Teen Cancer America](#)

Partners with U.S. hospitals to develop facilities and services for teens and young adults with cancer. Their website has stories of young adults who have faced a cancer diagnosis, and lists community resources.

[Cancer Care Young Adults With Cancer Online Support Group](#)

An online support group for young adults in active

treatment for cancer. This group lets people share their personal experiences, how to cope, and helpful resources.

[Red Door Community - Young Adult Support](#)

A program for young adults to build community, help with isolation, and meet their needs.

Ostomy Support (for all ages)

[United Ostomy Associations of America](#)

Supports quality of life for people with ostomies and continent diversions through information, support, advocacy, and collaboration.

- [Support group finder](#)

[Me Plus Community](#)

Highlights the stories of people living with an ostomy, doing the things they love.

[Hollister](#)

A company that develops, makes, and markets healthcare products and services.

CancerCare Colostomy: [Finding Resources and Support](#)

A fact sheet with information and resources.

More Community Resources (for all ages)

Cancer Care

Offers free, professional support services to anyone affected by cancer. This includes counseling, support groups, educational workshops, publications, and financial assistance. Services are provided by oncology social workers and cancer experts.

Red Door Community (Formerly Gilda's Club)

Offers a support program, including individual counseling, support groups, educational lectures, healthy lifestyle programs, and social events.

Imerman Angels

Offers 1-on-1 peer support by matching patients, survivors, and caregivers with a "Mentor Angel." This is a cancer survivor or caregiver who has faced the same cancer.

The Conversation Project

Offers tools, guidance, and resources in several languages. We help people talk with their loved ones and healthcare providers about advance care planning and their wishes for end-of-life care.

Financial, Practical, and Legal Support (for all ages)

Triage Cancer

Offers education through events, materials, and resources. The topics are practical and legal issues that can affect people who have cancer and their caregivers.

Cancer and Careers

Offers expert advice, interactive tools, and educational events. The goal is to help people who have cancer learn to thrive in their workplace.

New York Legal Assistance Group (NYLAG)

Provides free civil legal services to New Yorkers who cannot afford a private attorney. They also offer legal services related to cancer and insurance.

- [NYLAG Services](#)

Meal Train

Offers help with meals during life events, including cancer treatment.

Medgift

Free online resource tool to help people find financial, physical, and emotional support when they face hardship because of their health.

Cancer Support Community

Offers information about colorectal cancer diagnosis and support.

Family Reach

Provides families with financial assistance, education, and navigation right away, before they hit breaking points.

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.

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