

Ways to Be Supportive

A Guide for Helping Someone with Cancer



When a loved one, friend, or colleague faces cancer, the best way to support them is to be present, compassionate, and thoughtful. This guide provides actionable steps to show support in meaningful ways.

1. Offer Practical Help

- Transportation: Offer rides to medical appointments or treatments.
- Errands: Volunteer to pick up groceries, prescriptions, or other essentials.
- Household Tasks: Help with cleaning, laundry, or meal preparation.

2. Be Emotionally Available

- Listen Actively: Allow them to share without fear of judgment.
- Check In Regularly: Send messages or make calls to show you care.
- Respect Boundaries: Honor their preferences for sharing details or socializing.

3. Create a Positive Environment

- Personalized Support: Share uplifting books, music, or quotes tailored to their interests.
- Companionship: Spend quality time together, even if it's just watching a movie or sitting in silence.
- Small Gestures: Surprise them with flowers, a meal, or a comforting gift.

4. Financial and Logistical Assistance

- Organize Support Groups: Coordinate with others to ensure consistent help.
- Fundraising: Help organize fundraisers if they're facing financial challenges.
- Research Resources: Share information about financial aid, support programs, or counseling services.

Additional Resources for Support

1. [American Cancer Society](#): 24/7 Helpline
2. [Financial Assistance](#) Resources: Find Aid
3. MyLifeLine Platform: [Learn More](#)
4. CancerBuddy App: [Download CancerBuddy](#)

Your kindness and thoughtfulness can make a world of difference. Remember, even small gestures can have a big impact on someone navigating cancer.