

Questions to Ask Your Doctor If You Are Having Anxiety or Depression

- Who can I talk to if I'm having anxiety, depression or other mental distress?
 - What **symptoms and side effects** of my cancer treatment could affect my mental health?
- Are there **counseling services** at this medical center for patients? Who can I talk with if I need free or lower-cost counseling services?
- Do you recommend any **relaxation techniques** or other ways to manage my anxiety?

THESE LINKS CAN HELP YOU COPE WITH THE EMOTIONAL SIDE OF YOUR CANCER JOURNEY:

- <u>City of Hope: Managing Your Emotions</u>
- Emotional Support at City of Hope
- ASCO Answers: Anxiety and Depression
- <u>Cancer Treatment: Emotional, Mental Health</u>
 and Mood Changes
- How Can I Cope With My Lung Cancer Diagnosis?

Appointment Information

| Date | Time |
|-------------|------|
| Description | |
| Provider | |
| Location | |

| My Notes | |
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