

## 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?	My Notes
What <b>symptoms and side effects</b> of my cancer treatment could affect my mental health?	
Are there <b>counseling services</b> at this medical center for patients? Who can I talk with if I need free or lower-cost counseling services?	
☐ Do you recommend any <b>relaxation techniques</b> or other ways to manage my anxiety?	
THESE LINKS CAN HELP YOU COPE WITH THE EMOTIONAL SIDE OF YOUR CANCER JOURNEY:	
City of Hope: Managing Your Emotions	
<ul> <li>Emotional Support at City of Hope</li> </ul>	
<ul> <li>Cancer Treatment: Emotional, Mental Health</li> </ul>	
and Mood Changes	
<ul> <li>How Can I Cope With My Lung Cancer</li> <li>Diagnosis?</li> </ul>	
Appointment Information	
Date Time	
Description	
Provider	
Location	