



- ☐ 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?

- [City of Hope: Managing Your Emotions](#)
- [Emotional Support at City of Hope](#)
- [Cancer Treatment: Emotional, Mental Health and Mood Changes](#)
- [How Can I Cope With My Lung Cancer Diagnosis?](#)

Date _____ Time _____

Description _____

Provider _____

Location _____

My Notes