

The emotional impact of a cancer diagnosis can be significant.

A diagnosis of cancer can be overwhelming. Up to a quarter of people living with cancer are also living with depression,¹ and up to 20 percent live with anxiety.² According to a recent survey of more than 600 U.S. cancer patients and survivors who self-identify as having experienced an emotional or mental health concern:³

The greatest number of people experienced mental health concerns during **diagnosis, treatment, and recurrence**

60% of those in distress were **not referred to a mental health professional** by their cancer care team

40% of individuals who **sought or wanted wanted mental health support did not receive it**

➔ **If you are experiencing emotional distress during your or a loved one's cancer journey, know that you are not alone.**



¹ Krebber et al. (2013). Prevalence of depression in cancer patients: a meta-analysis of diagnostic interviews and self-report instruments. *Psycho-oncology*, 23(2), 121-30

² Mitchell, A. J., Ferguson, D. W., Gill, J., Paul, J., & Symonds, P. (2013). Depression and anxiety in long-term cancer survivors compared with spouses and healthy controls: a systematic review and meta-analysis. *The Lancet. Oncology*, 14(6), 721-732. [https://doi.org/10.1016/S1470-2045\(13\)70244-4](https://doi.org/10.1016/S1470-2045(13)70244-4)

³ Cancer Support Community (2022). Cancer Experience Registry Spotlight Survey: Identifying Barriers to Accessing Mental Health Care among Cancer Patients and Survivors [Unpublished data, August 2021]

Navigating a cancer diagnosis is not easy. It is okay to ask for help.

When talking about cancer, we must talk about mental health.

Talking about emotional wellness with healthcare professionals, and seeking support when needed, is a vital part of your comprehensive cancer care. Accessing mental health tools and resources not only can help you during treatment, but can also improve your overall quality of life and health outcomes.

Talk About It: Cancer and Mental Health helps to empower patients and caregivers to discuss their mental health needs and access support throughout their cancer journey.



Scan the QR code or visit www.cancerandmentalhealth.com to learn more about *Talk About It* and finds a helpful list of mental health resources.