

Build Your Support Team

Knowing who to reach out to when you need help can make a difference. Complete this list and keep it somewhere nearby.



If I need to...	I can reach out to	Contact information
Ask my health care team questions about my treatment		
Ask my health care team what to do about a symptom		
Ask my health care team about my next appointment		
Get financial help		



If I need...	I can reach out to	Contact information
A pick-me-up		
A night out with a friend		
A laugh		
Company when I'm lonely		



If I need help...	I can reach out to	Contact information
Getting to and from a doctor's visit		
Rescheduling a doctor's visit		
Running errands		
Around the house		
With meals		
With child care or elder care		

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