

Mental Health Resources for Survivors of Cancer

Free National Resources

These resources can range from online communities and support groups to counseling services provided by nonprofit organizations. Here are a few options:

- American Cancer Society (ACS): ACS offers a variety of support resources including online communities, a cancer helpline (1-800-227-2345), and programs like "Reach to Recovery" for breast cancer survivors and "Man to Man" for prostate cancer survivors. More information is available on their website (www.cancer.org)
- Cancer Support Community: This organization provides a variety of resources including online support groups, a toll-free helpline (1-888-793-9355), and a variety of educational materials. Their website is www.cancersupportcommunity.org
- CancerCare: CancerCare provides free professional support services including counseling, support groups, educational workshops, publications, and financial assistance. Their website is www.cancercare.org
- I Had Cancer: This is an online community for cancer survivors, fighters, and supporters who can share their experiences and support each other. The website is www.ihadcancer.com
- Stupid Cancer: A resource for adolescent and young adult cancer survivors, offering a community forum and a podcast addressing topics relevant to this specific age group. Check them out at www.stupidcancer.org
- Livestrong Cancer Navigation Services: Provides free, personalized support to anyone affected by cancer, including emotional support. Visit www.livestrong.org for more information.

Remember, everyone's journey with cancer is unique, so different resources may be more or less helpful depending on individual circumstances. It's always recommended to talk with your healthcare provider about any concerns or needs you may have. They may also be able to direct you to local resources that could be beneficial.

Please note that while these resources can provide tremendous support, they are not meant to replace professional mental health services. If you are in crisis or feeling suicidal, please reach out to a crisis hotline immediately, such as:

- the **National Suicide Prevention Lifeline** can be reached at 1-800-273-TALK (1-800-273-8255)
- **Crisis Text Line** by texting HOME to 741741.

LOCAL COUNSELORS & AGENCIES (Bellingham/Whatcom County)

The top part of this list includes counselors who have given their permission to refer clients to them, and some of these may be able to provide services for a reduced fee or on a sliding scale basis. (Some counselors may not be able to take new clients at this time; some take insurance and some have sliding scales – please inquire with counselors for further details) The bottom part of the list includes local agencies/clinics.

Name	Phone	Client types
Ann Barry, MA, LMFTA	206-355-2753	Individuals, couples & families
Chanel Brown, MA, LMHCA	253-478-2485	Individuals (18+): anxiety, grief, loss, depression, life transitions
Merry Capozzolo, MS, LMHCA	360-603-8757	Perinatal care: hopeful/expecting parents, new parents, grieving parents
Kat David, MS, LMHC	360-230-8064	Individuals (18+): anxiety, depression, trauma, coping skills
Lisa Harmon, LMHC	360-820-9469	Individuals, couples, postpartum/perinatal, trauma
Laurel Holmes, MA, LMHC	360-920-0009	Couples, individuals, children (13+): EMDR, anxiety, depression, grief, transition, relationships
Amy Klions, MS, LMHCA	360-389-3487	Individuals, adolescents, children (10+)
Claire Mannino, MS, LMHC	360-224-5334	Individuals, young adults, adolescents; LGBTQ+
Margaret Manning-Shull, MS, LMHC	360-920-2053	Individuals, couples, children 12 and under
Brian McClincey, MA, LMHC	360-255-8260	Individuals, couples, families, children 6+
Elizabeth Snyder, MS, LMHC	360-734-5552	Young adults and adolescents
Johanna Stulting, MS, LMHC	360-436-6284	Individuals (adults 18+)
Martha Aguilar, LMFT	360-200-8788	Latine/x Centered therapy with social justice/liberation focus

Name	Phone	Client types
Northwest Behavioral	360-392-2838	Individuals, couples, families
Bayside Therapy Associates	360-734-7310	Individuals (children, adolescents, adults) families, couples
King Health Associates	360-329-2055	Individuals (children 5+, adolescents, adults), families, couples
Accent Counseling	360-922-6977	Individuals (adults, children), families, couples
Compass Health	425-349-8200	Children, families, and adults
Unity Care Northwest	360-676-6177	Children and Adults for Counseling, Adults for Psychiatry services
Sea-Mar Community Health (Behavioral Health Clinic)	360-734-5458	Children and adults
Catholic Community Services	360-676-2164	Children and adolescents (under 21)

*If client has state insurance, they can call the "ACCESS line" to schedule appointments at Compass Health, UnityCare or Sea-Mar. VOA ACCESS Line: 1-888-693-7200

Crisis Line: 1-800-584-3578
Crisis Text Line: Text HOME to 741741
Suicide Prevention Lifeline: 1-800-273-8255