Northwestern Medicine®

Oncology

Managing Distress

Our compassionate cancer social work team is here for you.

Having cancer and going through treatments can be very stressful. Signs of distress include:

- Changes in eating and sleep patterns
- Feeling overwhelmed, anxious, afraid, sad and depressed
- Strained relationships
- Financial worries

It is normal to have distress, and many people do. However, it can affect your ability to feel, make decisions and cope with cancer. We are here to help you.

We will ask you to complete a Distress Screening. This helps us know if you have higher stress or need other resources.

If you do, our cancer social work team can help support you with resources such as:

- Fitness programs
- Nutrition consultations
- Wellness programs
- Financial help
- Educational programs
- Opportunities to participate in research
- Counseling and emotional support for you and your family

Everyone copes with cancer differently. If you need help right away, do not wait. Contact one of our social workers at your nearest location.

Meet the social workers >

Meet the social workers

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