



[Navigating your young breast cancer patients' emotional health](#) Provider resource list

Program partners

- Living Beyond Breast Cancer www.lbbc.org
- National Navigation Roundtable <https://navigationroundtable.org/>
- American Cancer Society: <https://www.cancer.org/>

Peer support programs – program partners

- Living Beyond Breast Cancer: Breast Cancer Helpline www.lbbc.org/helpline
- American Cancer Society: Reach to Recovery <https://reach.cancer.org/>

Resources recommended by speakers Zarek Mena, OPN-CG and Celeste Vaughan-Briggs, LCSW

Crisis hotlines (Note – before sharing with patients, please confirm the contact information hasn't changed)

- National Suicide Prevention Lifeline 800-273-8255
- Crisis Text Line - US and Canada Text HOME to 741741
- National Alliance on Mental Illness 800-950-NAMI

Cancer specific resources

- Susan G. Komen <https://www.komen.org/>
- Cancer Support Community <https://www.cancersupportcommunity.org/>
- Triage Cancer <https://triagecancer.org/>
- Tigerlily Foundation Young Women's MBC Disparities Alliance
<https://www.tigerlilyfoundation.org/programs/advocacy/young-womens-mbc-disparities-alliance/>
- METAvivor <https://www.metavivor.org/>

Specific population-focused resources

- Therapy for Black Girls <https://therapyforblackgirls.com/>
- Inclusive Therapists https://www.inclusivetherapists.com/search_results
- Psychology Today Listings <https://www.psychologytoday.com/us/therapists>
- Sharsheret <https://sharsheret.org/>
- The Chrysalis Initiative <https://thechrysalisinitiative.org/>

Resources recommended by the audience (9/15/2021)

- Breast Cancer Resource Center <https://bcrc.org/>
- Casting for Recovery <https://castingforrecovery.org/>
- EBeauty <http://www.ebeauty.com/>
- FORCE: Facing Our Risk of Cancer Empowered <https://www.facingourrisk.org/>
- Ten Percent Happier <https://www.tenpercent.com/>