

Dear [Patient's Name],

We understand that a cancer diagnosis and treatment can be a challenging and emotional experience. To support you in your journey, we want to provide you with a comprehensive pathway for emotional and mental health resources.

Initial Support

Upon diagnosis, we recommend connecting with a certified mental health professional who specializes in oncology care. They can help you navigate the emotional impacts of your diagnosis.

Coping Strategies

Consider incorporating the following coping strategies into your routine:

- Engage in mindfulness and relaxation techniques.
- Join a support group specifically for cancer patients.
- Schedule regular check-ins with a therapist or counselor.

Resources

Below are some resources available to you:

- [American Cancer Society - Support Resources](#)
- [National Cancer Institute - Support Services](#)
- [BreastCancer.org - Emotional Support Resources](#)

Ongoing Support

As you continue your treatment, please remember that emotional health is just as important as physical health. Regularly assess your mental well-being and reach out for support whenever needed.

If you have any questions or need further assistance, please do not hesitate to contact us at [contact information].

Sincerely,
[Your Name]
[Your Title]
[Your Institution]