





## ASK THE EXPERTS RESOURCE GUIDE: EMOTIONAL WELL-BEING



### TODAY'S WEBINAR

<p><b>Provide Feedback</b></p> <p><a href="https://bit.ly/force-experts-mental-health">https://bit.ly/force-experts-mental-health</a></p> 	<p><b>Cleveland Clinic Genetics Appointments</b></p> <p>Center for Personalized Genetic Healthcare, Cleveland Clinic, Cleveland, OH 216-636-1768</p> <p>Sanford R. Weiss, MD Center for Hereditary Colorectal Neoplasia, Cleveland Clinic, Cleveland OH 216-444-6470</p>
<p><b>Weill Cornell Genetics and Personalized Cancer Prevention Program (GPCP)</b></p>  <p><a href="https://bit.ly/wcinyp-gpcp">https://bit.ly/wcinyp-gpcp</a></p>	<p><b>Weill Cornell-FORCE Innovations in Cancer Genetics Symposium</b></p>  <p><a href="https://bit.ly/gpcpsymposium">https://bit.ly/gpcpsymposium</a></p>

### TOPICS COVERED

<p><b>WELL-BEING, SURVIVORSHIP AND PREVIVORSHIP</b></p>	
<ul style="list-style-type: none"> <li>• <a href="#">Emotional Health and Well-Being</a></li> <li>• <a href="#">Nutrition, Exercise and Weight</a></li> <li>• <a href="#">Sexual Health and Intimacy</a></li> <li>• <a href="#">Survivorship and Previvorship</a></li> </ul>	

## ADDITIONAL RESOURCES

<p><b>HEREDITARY CANCER SUPPORT</b></p>  <p><a href="https://bit.ly/force-support">bit.ly/force-support</a></p>	<p>Peer support can help improve your overall sense of support and well-being. FORCE offers peer navigation, virtual support meetings, message boards and a private Facebook group to connect you with others.</p>	
<p><b>FIND A MENTAL HEALTH EXPERT</b></p>  <p><a href="https://bit.ly/force-find-a-therapist">bit.ly/force-find-a-therapist</a></p>	<p>FORCE's Find an Expert pages can help you find mental health experts in your area.</p>	
<p><b>FIND A MENOPAUSE EXPERT</b></p>  <p><a href="https://bit.ly/find-a-menopause-expert">bit.ly/find-a-menopause-expert</a></p>	<p>The Menopause Society has a tool to help people find menopause experts in their area.</p>	
<p><b>FIND RESEARCH STUDIES</b></p>  <p><a href="https://bit.ly/force-quality-of-life-studies">bit.ly/force-quality-of-life-studies</a></p>	<p>FORCE's Search and Enroll Tool includes information about research looking for ways to improve quality of life for cancer survivors, previvors and caregivers.</p>	
<p><b>CANCER GUIDELINES BY GENE</b></p>  <p><a href="https://bit.ly/force-genes">bit.ly/force-genes</a></p>	<p>View expert guidelines on risk, prevention and treatment listed by gene.</p>	

## PUBLICATIONS AND ADDITIONAL READING



- [Addressing the Psychosocial Gap in Hereditary Cancer Care: The Case for Genetic Social Work](#) (JCO Oncology Practice)
- [Study: Music Therapy as Effective as Cognitive Behavioral Therapy for Anxiety in Cancer Survivors](#) (FORCE XRAY)
- [Study: Impact of mental healthcare among those with increased pancreatic cancer risk](#) (FORCE XRAY)
- [Free Services and Support for Breast and Ovarian Cancer Patients](#) (FORCE Blog)
- [Is This My New Normal? Navigating Life Detours Due to Risk Management or Treatment](#) (FORCE Webinar)