

MSK Direct Caregiver Support Services



More than 1 in 4 adults in the United States provide care to a family member or friend. This is over 50 million people—so you are not alone. As caregivers develop new skills, they learn to manage the difficult days.

At MSK, we recognize caregivers as an important part of the cancer care team. We know it can be hard to be a caregiver to a family member or friend who has cancer. You're taking on new caregiving responsibilities, but you're also working and coping with your own emotions.

It's normal to sometimes feel overwhelmed by the stress of caregiving. That's very true when you're also working at your job. But you're not alone. MSK has many resources to support you as you take on this role while also taking care of yourself.

MSK's website has important information about Cancer Caregiver Support and Help.

- Our Caregivers Guide explains how to be a caregiver to someone with cancer.
- Our guide to Caregiver Support Services explains the services available to caregivers at MSK.
- If you like talking to other caregivers for support, consider joining our live, online support group for caregivers.
- We have educational resources about how to manage common challenges caregivers face, such as depression, anxiety, and insomnia.

Connect with us

MSK and MSK Direct know how challenging it is to be a caregiver to a loved one with cancer. MSK Direct is here to support you and your loved ones before, during, and after cancer treatment. Call your dedicated MSK Direct phone number: **844-506-0589** or scan the QR code to learn more about the services mentioned above.



Memorial Sloan Kettering
Cancer Center