

MSK Direct

Mental Health Matters

Day-to-day life is stressful. Then you or someone you care about finds out they have cancer. Now, you feel more uncertainty than ever before. It can be overwhelming.

Memorial Sloan Kettering (MSK) is here to support you and your family. You can be a caregiver, at high risk for cancer, or getting cancer care yourself.

In this guide, we share ways to help you navigate feelings of overwhelm, anxiety, and stress that may come up for you. With MSK Direct, you and your family have access to MSK mental health resources. Our team works with you, giving strategies to deal with stressful thoughts and moments.

MSK experts are here for you and your family. MSK Direct members like you can:

- Meet with a Cancer Mental Health Counselor.
Connect with a MSK psychologist or psychiatrist. Talk therapy can help you cope with change and feelings cancer brings up for you.
- Work with a Cancer Social Worker for day-to-day support.
They offer emotional support and can help you navigate choices about finances, housing, and more.
- Get help for talking with kids about cancer.
MSK has social workers who focus on helping families have open conversations.
- Join a support group.
Find a community of people affected by cancer.
- Practice mindfulness meditation and relaxation therapies
Listen now to msk.org/meditation for soothing guided meditations and yoga videos from MSK Integrative Medicine.
- Connect with cancer caregivers.
At MSK, our Caregivers Clinic gives specific support so you can meet the special demands of caregiving.

Connect with us

MSK Direct is your pathway to MSK's cancer programs and services for screening and prevention, diagnosis, treatment, and life after cancer.

At MSK, we provide counseling services to help you manage the range of feelings you, and the people close to you, may experience. The experts at our Counseling Center welcome all cancer patients, regardless of whether you are receiving care at MSK or at another institution. For more information, or to make an appointment, please call your dedicated MSK Direct line at 844-506-0589 or visit msk.org/myemployer.

