








Resources for Adolescents & Young Adults with Cancer

As an adolescent or young adult (or an “AYA”) between the ages of 15-39 with a cancer diagnosis, you may face unique challenges that are different from those of young children or older adults.

From managing your mental health, your relationships, and your education and career journey to finding a support network, there are several advocacy organizations committed to providing resources and support just for you!

-  Insurance & Finance
-  Education & Career
-  Family Planning & Fertility
-  Parenting
-  Survivorship & Mentorship
-  Mental & Emotional Health
-  Programs & Activities

-  **Bright Spot Network**
Helping families through cancer.
Bright Spot Network provides young cancer survivors who are parents of small children with a safe space for individual and familial healing, recovery, and reconnection.
brightspotnetwork.org
-  **CACTUS CANCER SOCIETY**
Cactus Cancer Society provides a safe space where young adults facing cancer can connect, cope, and thrive with one another in an online community through creativity and expression.
cactuscancer.org
-  **ELEPHANTS AND TEA**
Elephants and Tea creates space for connection through storytelling by helping AYA cancer patients, survivors, and caregivers feel less alone. Through virtual and in-person programs, first-person stories, and the only free quarterly AYA magazine, they turn honest conversation into community.
elephantsandtea.org
-  **stupid cancer**
get busy living
established 2007
Stupid Cancer is the leader in building the AYA cancer community, ending isolation, and making cancer suck less so that everyone affected by AYA cancer can Get Busy Living.
stupidcancer.org
-  **TEEN CANCER AMERICA**
WHO CARES
ROGER DALRYMPLE AND PETE TOWNSHEND
Teen Cancer America strives to increase survival and improve the lives of adolescents and young adults with cancer by transforming health systems to better serve their needs.
teencanceramerica.org
-  **Worth the Wait**
Fertility & Adoption Grants for Cancer Survivors
Worth the Wait provides financial support and educational resources for fertility treatments, adoption, and surrogacy while advocating for oncofertility within the healthcare system and beyond.
worththewaitcharity.com
-  **yasu**
Young Adult Survivors United
Young Adult Survivors United (YASU) helps young adult cancer survivors and caregivers/co-survivors cope and thrive by providing emotional, social, and financial support; the comprehensive care model that enhances their quality of life.
yasurvivors.org
-  **SHARSHERET**
The Jewish Breast Cancer & Ovarian Cancer Community
Sharsheret, a Jewish not-for-profit organization, provides support, education, financial assistance and genetic counseling to empower those with or at an increased risk of breast and ovarian cancer, with a focus on young women and Jewish families.
sharsheret.org
-  **YSC**
Young Survival Coalition
Young Survival Coalition (YSC) supports the young breast cancer community and ignites global collaboration to improve quality of life worldwide.
youngsurvival.org

There are many other organizations with resources available to you that may not specialize in young adults with cancer, but offer other types of support such as workplace education, outdoor experiences, mentorship programs, and financial planning. Finding a community of support can make all the difference for AYA patients and families navigating a cancer diagnosis.



CancerCare® is the leading national organization dedicated to providing free, professional support services including resource navigation, counseling, support groups, educational workshops, publications, and financial assistance.

cancercares.org



Cancer and Careers (CAC) helps people navigate work after a cancer diagnosis by providing free expert guidance, interactive tools, educational events, and more, all in English and Spanish. CAC offers two Early Career channels on its website to support young adults managing their career after a diagnosis and access to in-house social workers for personalized support.

cancerandcareers.org



Cancer Hope Network connects you with someone who's actually been through what you're facing. One-on-one, real-talk support from survivors and caregivers who understand your world, your worries, and your life right now.

cancerhopenetwork.org



Cancer Support Community (CSC) uplifts and strengthens people impacted by cancer by providing support, fostering communities, and breaking down barriers to care. CSC offers an age-tailored suite of resources including education and peer support groups to meet the specific needs of Young Adult cancer patients.

cancersupportcommunity.org



Imerman Angels provides comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there.

imermanangels.org



Patient Empowerment Network (PEN) offers trusted information to empower anyone impacted by cancer, through health equity, health literacy, and shared decision-making.

powerfulpatients.org



Triage Cancer® is a national, nonprofit organization that provides free education on practical topics, such as work, school, insurance, and finances, that impact patients and caregivers through events, materials, and resources.

trriagecancer.org

**THIS IS LIVING
WITH CANCER™**

For more information and resources, visit [This is Living with Cancer](https://thisislivingwithcancer.org), a program developed by Pfizer to support all people in their cancer journey, or scan the QR code:



Want to learn more about healthcare finances? Visit [MyHealthcareFinances.com](https://myhealthcarefinances.com), a collaboration between Pfizer and Triage Health, to learn more about health insurance, medical bills, and employment & disability or scan the QR code:

