



Questions to Ask Your Doctor If You Are Having Anxiety or Depression

- Who can I talk to if I'm having anxiety, depression or other mental distress?
- What **symptoms and side effects** of my cancer treatment could affect my mental health?
- Are there **counseling services** at this medical center for patients? Who can I talk with if I need free or lower-cost counseling services?
- Do you recommend any **relaxation techniques** or other ways to manage my anxiety?

My Notes

THESE LINKS CAN HELP YOU COPE WITH THE EMOTIONAL SIDE OF YOUR CANCER JOURNEY:

- [City of Hope: Managing Your Emotions](#)
- [Emotional Support at City of Hope](#)
- [ASCO Answers: Anxiety and Depression](#)
- [Cancer Treatment: Emotional, Mental Health and Mood Changes](#)
- [How Can I Cope With My Lung Cancer Diagnosis?](#)

Appointment Information
Date _____ Time _____
Description _____
Provider _____
Location _____