

# Online resources for **2SLGBTQ+** people with cancer



## Open a digital copy of this resource by:

- Scanning the QR code with a smartphone camera.
- Typing [bit.ly/ccasupportivecare](https://bit.ly/ccasupportivecare) into your web browser.

## We aim to provide care where you feel respected and supported.

We know that cancer is only one part of who you are. Your life, relationships, identity and experiences can shape what matters to you and the care and support you need. We aim to provide you with options and choice. Trusted information and resources can help you learn about cancer, get support, build community connections and do the things that matter to you.

## Explore these resources by:

- Clicking on the links in [blue](#).
- Searching 'LGBTQ' in the websites listed.

### Resources and information

Explore these trusted websites for information and resources.

#### Canadian Cancer Society

- [2SLGBTQI+ cancer resources](#)

#### Queering Cancer

#### Cancer's Margins

#### The Cancer Network

#### Canadian Cancer Survivor Network

#### Canadian Virtual Hospice LGBTQ2S+

#### Princess Margaret—Sexual and Gender Diversity + Cancer Resource Guide

### Support and connection

Friends, family and care partners are important supports. It can also help to connect with people who have cancer.

#### Wellspring 2SLGBTQIA+ cancer supports

- [Gay & queer men's cancer support group](#)
- [Lesbian & queer women's cancer support group](#)

#### Young Adult Cancer Canada (YACC) Chats

## Does my healthcare team need to know I am 2SLGBTQ+?

**It is your choice what you share with your healthcare team.** If you are asked questions about your sex, gender or sexuality, you can ask why the information is important and how it will be used before deciding what you want to share.

Cancer and cancer care can affect different parts of your life. Knowing what is important to you can help your healthcare team connect you with care and supports that meet your needs.

- [Find tips for talking with your healthcare provider](#)

If you have concerns about your care, ask to speak with your healthcare provider, a manager or [Patient Concerns & Feedback](#).

There are many resources and supports available to everyone affected by cancer, including people in the 2SLGBTQ+ community. Explore the options below to find information and support that may be helpful to you.

### **Living well with cancer book**

Learn practical ways to manage symptoms, stay active, eat well, care for your emotional wellbeing and find support throughout your cancer experience.

### **Cancer Care Alberta**

Visit [cancercarealberta.ca](https://cancercarealberta.ca) for Alberta-specific information and support for you, your family, friends and care partners:

- [Types of Cancer \(online resources\)](#)
- [Classes, Groups, or Events](#)
- [Find resources that interest you](#)

Explore these pages to find resources, education, classes, support groups and much more.

### **Cancer Care Alberta Psychosocial Oncology**

Healthcare professionals who can support your mental health and cancer-related concerns, including communication, stress, treatment side effects, mood changes, quality of life, body image, loneliness, financial concerns and practical supports.

### **Supportive Care and Living Well**

For information about Rehabilitation Oncology and other wellness supports.

### **Wellspring Alberta**

Offers programs and support for people with cancer and their loved ones.

- 1-866-682-3135



### **Supports for People with Cancer**

A resource to help you find urgent and non-urgent help in Alberta.

### **Library Services**

Access to reliable, evidence-based resources and health information.

### **Coping with a new cancer diagnosis eLearning course**

Learn practical ways to understand your emotions, cope with challenges, solve everyday problems and find support.

### **Mental Health Helpline (Alberta)**

A 24-hour, 7-day-a-week, 365-day-a-year confidential service for mental health concerns.

- 1-877-303-2642