



## MSK Direct

# Counseling and Support

At Memorial Sloan Kettering Cancer Center (MSK), we are committed to helping people negotiate the emotional and social challenges of cancer and its treatments.

When it comes to dealing with a serious illness and the impact that has on mental health, we recognize that there is no one-size-fits-all approach. It is normal to feel worried, sad, angry, anxious, or isolated when affected by a serious illness. You might also have feelings of loss — of your health or of control in your life. The emotions and mental health concerns related to cancer can vary from person to person and from one day to the next.

Our professional counselors—psychiatrists, psychologists, and social workers—can help you and your family cope with many types of cancer-related stress.

### 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 **646-449-1515** or to learn more about MSK Direct, visit [mskcc.org/direct/mskdirectforyou](https://mskcc.org/direct/mskdirectforyou).



Memorial Sloan Kettering  
Cancer Center