INTRODUCTION
Adolescents and young adults (AYAs) are patients between the ages of 15-39 who have been diagnosed with cancer. A cancer diagnosis presents different challenges for teens and young adults than for younger children or older adults. Cancer can disrupt big milestones that commonly happen during this age range, like completing school, choosing a career path, building personal relationships, raising a family, and working toward emotional, social, and financial independence.

We realize that having cancer is overwhelming, so we created this guide to help you access valuable resources and support. Please speak with your Patient Navigator about additional resources and support.

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HIAYA SOCIAL MEDIA
Connect with others! Find us on Instagram at @HIAYAcancer. On Facebook, search "HIAYA Cancer Group."
SOCIAL SUPPORT RESOURCES

HIAYA YOUNG ADULT CONNECTIONS

A casual and fun monthly group (Meets twice a month) dedicated to young adults ages 18-39 who have had a cancer diagnosis. Meet other locals who “get it”. The hope for this group is to help AYAs feel a little less alone and more connected. Guests welcome! Check on HIA YA social media for times and locations.

CACTUS CANCER SOCIETY

Formerly Lacuna Loft, a nonprofit providing online support & programs for creative coping to young adult cancer patients, survivors, & caregivers.

STUPID CANCER

Resources, webinars, and weekly digital meetups for teens and young adults with cancer. CancerCon is their annual national conference for patients and caregivers.

ELEPHANTS & TEA

National AYA cancer community, quarterly magazine, blog, and other resources.

GRYT HEALTH

Mobile app-based social community founded by cancer survivors and caregivers. Annual summit for survivors.
CANCER DUDES
Education, resources, and peer support community to help young men to successfully thrive after cancer.
www.cancerdudes.org

TEEN CANCER AMERICA
Resources, webinars, YouTube videos, patient stories, game nights, and more for teens and young adults with cancer.
www.teencanceramerica.org

IMERMAN ANGELS
Connects current patients to mentors who have had cancer. Available in 40 Languages.
www.imermanangels.org

CANCER SUPPORT COMMUNITY
Virtual support community for cancer patients.
www.cancersupportcommunity.org/virtual-programs

CANCER HOPE NETWORK
Matching with other patients, survivors, and caregivers.
www.cancerhopenetwork.org
CANCER CARE
CancerCare provides free, professional support services for young adults affected by cancer, as well as cancer information and additional resources.
www.cancercare.org/young_adults

ESCAPE
Creating an escape for LGBTQIA+ adolescents and young adults experiencing cancer.
www.escapeayac.org

LGBT CANCER PROJECT
Peer-to-peer support, patient navigation, education, and advocacy for lesbian, gay, bisexual, and transgender cancer survivors.
www.lgbtcancer.org
FINANCIAL, LEGAL, AND INSURANCE RESOURCES

TRIAGE CANCER
Education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers through events, materials, and resources.
www.triagecancer.org

CANCER FINANCES
Toolkit for navigating finances after a cancer diagnosis.
www.cancerfinances.org

THE SAMFUND
Grants, resources, and financial education for young adult cancer survivors.
www.thesamfund.org

HEALTHWELL FOUNDATION
Financial assistance through grants to help with copays, premiums, deductibles, and other out-of-pocket expenses. Specific disease funds open throughout the year.
www.healthwellfoundation.org

CANCER LEGAL RESOURCE CENTER
Education and assistance on legal matters related to cancer.
www.cancerlegalresources.org

NATIONAL CANCER LEGAL SERVICES NETWORK
Resources about legal services for people living with cancer. Also check with your state for resources.
www.nclsn.org
NEEDS BEYOND MEDICINE
Financial grants for cancer patients who are Utah residents.
www.needsbeyondmedicine.org

NEEDYMEDS
Find help for the cost of Medicine
www.needymeds.org

DAM-CANCER FOUNDATION
Financial grants for young adult cancer patients.
www.dam-cancer.org/requesting-assistance/

TAKE CARE UTAH
Help applying for health insurance from a trained assistor.
www.takecareutah.org

UNITED WAY (2-1-1)
Call 2-1-1 to be connected to sources of local assistance for essential needs and more. Available in every state.
www.211.org
www.unitedway.org
CAREER AND SCHOOL RESOURCES

Follow HAYA social media for updates about other upcoming scholarship opportunities, or ask your AYA Patient Navigator.

ULMAN CANCER FOUNDATION
Scholarships, support, and information for young adults with cancer.
www.ulmanfoundation.org

CANCER FOR COLLEGE
Need-based college scholarships for cancer survivors.
www.cancerforcollege.org

CANCER + CAREERS
Advice, education, and tools to help you thrive in the workplace after a cancer diagnosis. Free resume review service.
www.cancerandcareers.org

JOB ACCOMMODATION NETWORK
Information about workplace accommodations.
www.askjan.org
FERTILITY AND FAMILY-BUILDING RESOURCES

LIVESTRONG FERTILITY PROGRAM
Financial assistance and information for fertility preservation. www.livestrong.org/what-we-do/program/fertility

TEAM MAGGIE FOR A CURE
Financial assistance for fertility preservation. www.teammaggieforacure.org

ONCOFERTILITY CONSORTIUM
Information about fertility preservation, a hotline, and online fertility navigator. www.oncofertility.northwestern.edu/for-patients

SAVE MY FERTILITY
Online toolkit for cancer patients and their providers about fertility. www.savemyfertility.org

ALLIANCE FOR FERTILITY PRESERVATION
Help finding fertility preservation services and options in your area. www.allianceforfertilitypreservation.org

FERTILE ACTION
Fertility and cancer information. www.fertileaction.org
HUNTSMAN CANCER INSTITUTE'S CANCER LEARNING CENTER
Free source for cancer information.
www.huntsmancancer.org/clc

NATIONAL COMPREHENSIVE CANCER NETWORK
Patient-friendly quick guide packets.
www.nccn.org/patients/guidelines/cancers

AMERICAN CANCER SOCIETY
Cancer information and resources.
www.cancer.org

NATIONAL CANCER INSTITUTE
Cancer and clinical trials information.
www.cancer.gov
CAMP MAK-A-DREAM
Camp experiences for all ages full of activities and education to help patients understand and cope with cancer.
www.campdream.org

TRUE NORTH TREKS
Takes young adults and caregivers on free backpacking and canoeing treks where they can connect with nature, peers, and themselves.
www.truenorthtreks.org

FIRST DESCENTS
Life-changing outdoor adventures for young adults (ages 18-39) impacted by cancer.
www.firstdescents.org

EPIC EXPERIENCE
Free adventures in the Colorado Rockies for adult cancer survivors (over age 18) to help them live beyond cancer.
www.epicexperience.org

PROJECT KORU
Enriches lives through community and the outdoors as a way to move forward after cancer.
www.projectkoru.org

CAMP MAK-A-DREAM
Camp experiences for all ages full of activities and education to help patients understand and cope with cancer.
www.campdream.org
CAMP HOBÉ
Psychosocial support program in Utah for children up to age 18 being treated for cancer and their siblings. Teen week available. www.camphobekids.org

DREAM STREET FOUNDATION
Camping programs in Arizona for children and young adults with chronic and life-threatening illnesses. www.dreamstreetfoundation.org

STILL WATERS RETREAT
Faith-based retreat in California for young adults with cancer, survivors, and caregivers. www.stillwaterscancerretreat.org

SEND IT FOUNDATION
Outdoor adventures for young adult (ages 21-40) cancer fighters and survivors. www.senditfoundation.org

CAMP KESEM
A child's friend through and beyond a parent's cancer. Kesem is the largest national organization dedicated to supporting children impacted by a parent's cancer, at no cost to families. www.campkesem.org
**GUIDEBOOKS AND OTHER RESOURCES**

**RESOURCE GUIDE**
Huntsman Cancer Institute's Cancer Learning Center provides many free services and cancer information. Check out the online Resource Guide.
www.huntsmancancer.org/clc

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**NO WAY, IT CAN'T BE! GUIDEBOOK**
This guidebook from the Ulman Cancer Foundation is a resource for young adults dealing with cancer, from the initial diagnosis through long-term survivorship. Free online, downloadable copy available.
www.ulmanfoundation.org/ucfguidebook/

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**LIVESTRONG GUIDEBOOK AND BROCHURES**
Information to help navigate the complex issues associated with cancer. Culturally sensitive brochures available in different languages.
www.livestrong.org/what-we-do/program/livestrong-guidebook
www.livestrong.org/what-we-do/living-after-cancer-treatment-brochure

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**QUESTIONS?**
Contact your AYA patient navigator:
Huntsman Cancer Institute: aya@hci.utah.edu or (801) 585-9669
Intermountain: aya@imail.org or (801) 507-3889