BCSS offers these additional services for survivors

**Comfort Bags**
BCSS offers women and men a Comfort Bag at the time of a breast cancer diagnosis. It is designed to provide comfort at a confusing time.

**Support Line**
610.375.9925
Speak with trained volunteers 7 days a week from 9am-9pm for comfort and support during critical times.

**Contact a Survivor**
www.BCSSBerks.org
Directly email a survivor for personalized support.

**Survivor’s Financial Aid Fund**
This fund is designed to ease the financial burden of a breast cancer diagnosis. BCSS has a limited amount of funds available to assist survivors who are in active treatment.

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**Benefits of Counseling for Breast Cancer Patients**
Seeing a licensed mental health professional can help breast cancer patients with:
- Reducing depression
- Reducing stress
- Reducing anxiety
- Coping with fear of death
- Coping with an uncertain future
- Coping with a lack of control
- Coping with pain
- Enhancing the mind-body connection
- Establishing healthy coping strategies
- Improving diet and lifestyle
- Accepting help and support
- Enhancing relationships

**Benefits of Counseling for Loved Ones:**
- Mediating family conflict
- Establishing boundaries when caregiving
- Improving self-care
- Improving communication skills
- Improving listening skills
- Coping with seeing their loved one suffer
- Coping with caregiver burnout
- Coping with financial stress
- Enhancing relationships with their loved one
- Establishing healthy coping strategies
How Does the BCSS Counseling Assistance Program Work?

We fund three (3) counseling sessions or provide co-payment assistance with a licensed mental health professional of your choice or we can refer you to one.

The licensed mental health professional will meet with you either face-to-face, over the phone or via Skype/Zoom.

BCSS provides payment directly to the licensed mental health professional. No cash is provided.

Who is the BCSS Counseling Assistance Program for?
The Counseling Assistance Program is available for:
- All patients who have/had a breast cancer diagnosis currently living in Berks County.
- Family members, partners, spouses, caregivers, etc. currently living in Berks County.

To Access this Program
Contact Lynn Manganaro, Program Coordinator, at 610.478.1447 or email at lynn@bcssberks.org for additional questions, information and/or for an application.

What Happens after my Application is Sent?
You’ll receive an email and/or telephone call once BCSS has received your application. Your application will be reviewed and we will let you know if we have any questions. Once your application is approved, you choose your counselor and make an appointment. If you’re unsure who to choose or have any questions, we’re here to help.

The BCSS Counseling Assistance Program is to provide support to people coping with the emotional challenges which often accompany breast cancer.

While professional counseling can be beneficial to any person’s overall well-being, it can be especially useful when dealing with breast cancer. Some people say the emotional side of a breast cancer diagnosis is the hardest thing to deal with. Patients and their families may experience anxiety, fear, anger, sadness and depression. These feelings can occur at any time—even months or years later. Strengthening your ability to handle the multitude of challenges that breast cancer brings can make all the difference, and allow you to experience a higher quality of life.

Seeking emotional support as soon as possible will help give you the necessary tools and health coping strategies for navigating this experience and can make difficult times more manageable, as well as strengthen your relationship with loved ones. Connecting with a licensed mental health professional is often the fastest way to develop the skills you need. And the sooner you're proactive about getting support, the sooner you can make sense of your feelings.