



**STEPS THROUGH COVID-19 WEBINAR
RESOURCE LIST
MAY 2020**

For Cancer Support:

- **For Gyn Cancer Support:**
Go to Foundation for Women's Cancer
www.foundationforwomenscancer.org
- **For Ovarian Cancer Psychosocial Support:**
Enroll on Steps Through OC website
www.stepsthrough.org
- **For Cervical Cancer Support:**
Go to National Cervical Cancer Coalition
www.nccc-online.org

For Mental Health Resources:

- **American Cancer Society: Emotional, Mental Health and Mood Changes**
www.cancer.org
- **National Institute for Mental Health**
www.nimh.nih.gov
- **BetterHelp: Online Mental Health Resource**
www.betterhelp.com
- **Psychology Today: Find a Therapist**
www.psychologytoday.com
- **Insight Timer: Guided Meditations for Sleep, Stress, Anxiety**
www.insighttimer.com