

How to...



#1 Keep the pocket cards easily accessible – whether on your desk, in a display or in waiting areas in your institution.

#2 Use them as a reference guide when discussing mental health and psychosocial care with patients, survivors, families, carers, colleagues or teachers.

#3 Share the cards and information with others to raise awareness and start conversations about the importance of mental health support during and beyond childhood, adolescent and young adult cancer.

#4 Visit the website provided on the cards to access more resources and in-depth information on mental health and psychosocial care. Join our platform to connect with others.

#5 Use the spare space on the respective card to write down any notes or important contact details related to mental health services or support networks.

beatcancer.eu



Imprint



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10 Keypoints on Mental Health:

Liesla J. Weiler-Wichtl, Clinical psychologist, Austria

Talking about serious matters:

Ulrike Leis, Clinical psychologist, Austria

Sources: Damm, L. et al., 2015; Stein, A. et al., 2019; Stivers, T., 2012; Skeen, J.E., & Webster, M.L., 2014

Do's and Don'ts in communication:

Oriana Sousa, Psychologist & patient advocate, Portugal

The social dimension:

Kerstin Krottendorfer, Clinical social worker, Austria

Tiago Pinto da Costa, Patient advocate, Portugal

Education Support:

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Ulrike Leiss, Clinical psychologist, Austria

Career Support:

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Neuropsychology:

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Fear and hope:

Hannah Gsell, Patient advocate, Austria
Ulrike Leiss, Clinical psychologist, Austria

Grief and depression:

Alied van der Aa, Psychologist, Netherlands

My right to grieve:

Content adapted from Ayse Bosse (2015)

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European Network of



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