Your child has a blood cancer. How are YOU doing?

Caring for your child diagnosed with a blood cancer can feel like your whole world is collapsing – but of course, collapsing is not an option for you. Spending time, as early as possible, on getting help with any mental health concerns is time well spent - to strengthen your support of your child.

You may need to seek mental health professional help if you are experiencing one or more of the following symptoms continually for 2 weeks or more:

- **Persistent feelings of sadness or hopelessness**
- **Anxiety and excessive worry**: Interfering with your ability to focus and carry out daily tasks.
- **Difficulty coping with chronic stress**
- **Social withdrawal and isolation**
- **Changes in sleep patterns or appetite**: Insomnia, oversleeping, night terrors, loss of appetite, or overeating, can be signs of underlying mental health concerns.
- **Physical symptoms without a medical cause**: Experiencing repeated unexplained headaches, stomach aches, or body aches may be the result of your mental health struggles.
- **Irritability and anger**: Feeling constantly agitated, or having frequent outbursts of anger that are out of character for you, may indicate that you need mental health support.
- **Thoughts of harming yourself or others**: If you’re having thoughts of self-harm, suicide, or harming others, it’s crucial to seek immediate help from a mental health professional or contact a 24-hour helpline.

If you have any concerns about your mental health, please contact your doctor or your child’s cancer healthcare team.

Never hesitate to contact us, we’re here to help!
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