



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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