

BUILDING A SUPPORT NETWORK

Multiple Myeloma
TOLD TRUE

Everyone needs support in different areas of their lives. This especially rings true if you're living with multiple myeloma (MM), where managing your disease can be exhausting—both physically and emotionally. That's why it's helpful to identify the people who can be there for you.

Below, we've listed out different aspects of support that a person might need to rely on. You may not fill out every line, and that's okay. The goal is to help you get the support you need in different ways.

EMOTIONAL SUPPORT

WHO CAN I COUNT ON TO...

Help me process my emotions: _____

Talk about the heavy stuff: _____

Help take my mind off things: _____

Answer questions from friends/family: _____

Understand what I'm going through: _____



Additional places to find this type of support:

- [Psychology Today](#) offers a way to search for cancer therapists
- [International Myeloma Foundation](#) offers a way to search for support groups near you

PRACTICAL SUPPORT

WHO CAN I COUNT ON TO...

Complete chores or errands that I might not be able to do on my own: _____
(yard work, grocery runs, helping with laundry, etc)

Coordinate transportation needs: _____

Organize appointments: _____

Keep track of medical records, test results, and medication: _____

Communicate my needs to my healthcare team: _____

Answer questions about MM, treatment, and more: _____



Additional places to find this type of support:

- [International Myeloma Foundation](#) offers resources for housing and travel assistance
- [American Cancer Society](#) can coordinate rides to treatment from volunteers
- [The Cancer Support Community](#) operates a free Helpline providing general advice and support that can be reached at 1-888-793-9355
- [Multiple Myeloma Research Foundation](#) offers a patient navigator hotline you can access by calling 1-888-841-MMRF (6673)

SPIRITUAL SUPPORT

WHO CAN I COUNT ON TO...

Talk through the big questions about life: _____

Help me feel more connected spiritually: _____



Additional places to find this type of support:

- Hospital chaplain
- Practicing mindfulness, yoga, or meditation
- There are free apps and websites available that can help with stress management and relaxation

NON-MM SUPPORT

WHO CAN I COUNT ON TO...

Enjoy hobbies with me: _____

Talk about things unrelated to MM: _____



Additional places to find this type of support:

- Try creating new connections or renewing old ones by reaching out to friends on social media
- Join discussion or activity groups that engage with your interests, either online or in person

HEALTHCARE SUPPORT

Your healthcare team plays a big role in your support network. You might not need to write their names down, but here are some tips to help strengthen your relationship:

1. Ask for recommendations to learn more about MM
2. Make yourself heard about what you need during each appointment
3. Develop a game plan for how your appointments will be structured that fits both of your needs

The information provided is for educational purposes only and is not intended to replace discussions with a healthcare provider.