



סטנדרט הבריאות הגבוה בישראל



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EMOTIONAL SUPPORT FOR BREAST CANCER PATIENTS



Cancer is a significant, life-changing event that can cause stress.

During this time, health changes can affect various aspects of your life, including family and work.

Many studies have shown that with the appropriate emotional care, the distress caused by the disease and its implications can be alleviated.

Emotional and psychological support can facilitate your adjustment and generally improve your emotional wellbeing.

This leaflet is here to make you aware of the variety of resources available to you as a patient of Maccabi and Assuta.

	FIELD	SERVICE TYPE	TARGET DEMOGRAPHIC	WHERE THE SERVICE IS PROVIDED	COST	ADDITIONAL INFORMATION
MACCABI	Social work	Counseling, accompaniment and support by social workers	General population	Maccabi medical centers	No charge	Maccabi website, under 'Counseling and accompaniment by social workers'
	Psychotherapy	Psychological treatment and psychotherapy	General population, all ages	Mental health clinics	No charge	Maccabi website, under 'Mental health'
		Psychological treatment and psychotherapy	General population, all ages	Psychotherapy by professional listed in the Maccabi plan	Deductible	Maccabi website, under 'Mental health'
		Psychological support by telephone in cases of temporary distress	Adult population	Telephone	No charge	Tel: *3028
		Supportive psychological therapy	Psychological therapy for people with a physical disease	Hospitals	Quarterly fee (outpatient clinics)	Subject to a Maccabi physician/psychiatrist's approval
	Psychiatry	Psychiatrist's evaluation and treatment	General population	Maccabi or mental health clinics psychiatrists	Quarterly fee	Maccabi website, under 'Mental health'
	Support groups	Information and support groups	Cancer patients and/or their families	Maccabi medical centers	No charge	Active groups are advertised on Maccabi's website under 'Maccabi workshops'
	Recovering patients workshop	A workshop for people recovering from cancer	Patients who completed their treatments	HaShachar shel Merav/Tal Hama	Per day	Through Maccabi's additional health services
Complementary therapies	Complementary therapies	Cancer patients and/or their families	Maccabi Tivi clinics	Deductible per treatment	Up to 68% discount for Maccabi Gold and Maccabi Sheli members	
ASSUTA	Psychological therapy	Individual care and clinical and rehabilitative psychologists assistance	Active patients in Assuta's oncology center	Assuta Ramat Hachayal Hospital	No charge – in the hospital	Assuta's oncology team *More groups are established from time to time
	Social work	Individual care				
	Support groups	Relieving stress by guided imagery and relaxation groups				
		Groups for recovering breast cancer patients				
		Groups for patients with metastasising breast cancer				
		A parents' group for communicating with children about illness				
		Workshops concentrating on cognitive behavioral approaches				
SOCIETIES / ASSOCIATIONS / OTHER	Israel Cancer Association	Cancer patients			www.cancer.org.il	
	Halasartan	Young cancer patients (ages 18-44)			www.stop-cancer.co.il	
	Camoni	An online support community for patients coping with chronic conditions			www.camoni.co.il	
	GamAni – I too had breast cancer	Women who had breast cancer			A Facebook group	
	One in 9	An association helping women with breast cancer			www.onein9.org.il	
	Ezer Mizion (mental health department)	Cancer patients and their families			www.ami.org.il/mental-health	
	Hosen (Cancer Patients Meet) Association	Cancer patients and their families			Hosen's website – support for cancer patients and their families	
	Yad la Tomech (a Yad Sarah project)	An accompanying family member			A support and assistance center for people caring for family members	
	CAREGIVERS Israel organization	An accompanying family member			https://caregivers.org.il/	
		Disease-specific online groups and associations				
Mental health	Tene – private professional psychological care at a reasonable cost	General population		Reduced deductible for therapy	www.tenne.org.il	
Vacation	Refa Na – vacations for recovering cancer patients		Donated by owners of vacation units nationwide	No charge	www.refanah.org	
Complementary therapies	Yedei Or association	Homebound patients	Complementary therapies at the patient's home	Nominal fee	https://www.yedeior.org/	
Rights	All breast cancer patients' rights as a click of a button (from the One in 9 website)	Breast cancer patients			https://www.ze-shelah.com	

*This is a partial list. There are other disease-specific associations and groups in Israel. This list does not constitute a recommendation.

Maccabi is not liable to any contents stated on the associations' websites.