



[cancer.org](https://www.cancer.org) | 1.800.227.2345

## How does the Reach To Recovery® program support people facing breast cancer?



For more than 50 years, the American Cancer Society Reach To Recovery program has been helping people cope with their [breast cancer](#) experience – as early as the first possibility of a diagnosis and continuing for as long as breast cancer remains a personal concern to them.

Finding out that you have breast cancer can make you feel overwhelmed, vulnerable, and alone. Suddenly having to learn about complex medical treatments and trying to

choose the best one can also be stressful during this time.

As breast cancer survivors, our volunteers give patients an opportunity to express feelings, talk about concerns, and ask questions of someone who has been there. Most importantly, Reach To Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer. Program volunteers do not provide medical advice.

## How does the program work?

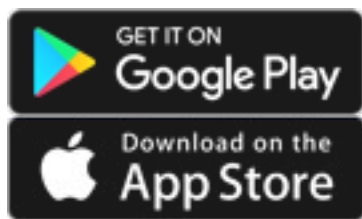
Through online chat or by phone, Reach To Recovery volunteers provide support to individuals who are:

- Facing a possible breast cancer diagnosis, recurrence, or advanced-stage breast cancer
- Considering or have had a lumpectomy, mastectomy, or breast reconstruction
- Experiencing lymphedema
- Undergoing or have completed treatment, including chemotherapy and radiation

**To request a phone visit with a Reach To Recovery volunteer, call us at 1-800-227-2345.**

**To join the Reach To Recovery website, visit us at [reach.cancer.org](https://reach.cancer.org).**

**Download the mobile Reach To Recovery app**



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