

TEAR off tips

Helpful stuff for your friends

Sometimes it is not easy to tell those who are close to you what is going on. The following tear-out cards are designed to help you let people know how to support you and what it is like for you living with a brother or sister who has cancer.



To

It means a lot to me to have you as a friend at the moment. Things are tough and it's kind of hard to know what to do and say... but here are some things that might help.

- If I'm confused or frustrated, help me find out what I want or need and how best to go about getting it.
- Please ask me how I am doing, don't just ask about my sibling who has cancer.
- Come and hang out with me while my parents are away at the hospital with my brother or sister.
- Or come visit us at home.
- Email me, text me, send me mail. Just stay in touch. If I'm not in the mood to talk, I just won't answer.
- Send me jokes, DVDs or music and do things with me that make us laugh and relieve some of the stress.
- If my parents are staying at the hospital or away with my brother or sister, invite me over for meals. It's good to be able to get away when things get too hard to deal with. (Plus I may be getting really bored with my own cooking.)



Cry with me, laugh with me and listen to me. Sometimes there's no need for words.

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Cancer treatment can go on for a long time. I may need you for the long haul. Some stages will be better than others. Be my friend and support me through all the stages of cancer.

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Often I lie awake at night thinking and worrying. If you don't mind taking phone calls in the middle of the night (and your parents or flatmates are OK with it), let me know.

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