



MENTAL HEALTH
&
BREAST CANCER





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A breast cancer diagnosis can make you feel:



anxious
scared



remember past trauma

Knowing how breast cancer can affect mental health can help patients get the support needed

ONE in every **FOUR** people diagnosed with breast cancer experience **DEPRESSION**





- addiction
- anxiety
- fatigue
- insomnia
- memory loss
- mood swings

- post-traumatic stress disorder (PTSD)



Mental Health Awareness

Women with
breast cancer and
severe mental illness
had a **36%** higher
mortality hazard



Consider mental health support:

- sleep disturbances, such as difficulty falling or staying asleep
- changes in your overall mood, such as feeling very sad or constantly stressed out or anxious
- lack of joy or interest in activities you normally enjoy



- changes in appetite that result in weight loss or gain
- difficulty getting out of bed because of a lack of energy and not because of breast cancer treatment side effects



- difficulty concentrating or focusing
- using alcohol or drugs to reduce stress
- noticing an increase in aches and pains, including headaches and stomachaches

