

BUILDING EQUAL ACCESS TOGETHER IN CANCER (BEAT-C) NEWSLETTER



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RESEARCH TEAM SPOTLIGHT

Nafesa Roshan

Administration Assistant
GW Cancer Center



Nafesa is an administration assistant at GW Cancer Center. Her expertise is on sustainable international development; however, she has a growing passion for public health research. Nafesa supports the Community Outreach and Engagement office, and on the BEAT-C project,

she performs data quality control and project operation.

ORGANIZATION SPOTLIGHT:



The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization providing advocacy, education, support, and public awareness. NAMI offers mental health information, support, and local resources in the DC area.

Their virtual support groups meet every Wednesday from 7-9pm. To register for a support group meeting, email supportgroups@namidc.org or call **202-466-0972** for more information.

To learn more about the resources that NAMI DC has to offer, visit <https://www.namidc.org/resources/>

STUDY PROGRESS HIGHLIGHTS

A total of **184** patients have enrolled in the study so far. **112** patients have completed the 6-month program, and **105 (94%)** of them reported feeling satisfied with the program.

Tips to Strengthen Your Social Support Network

Emotional support improves mental health. Check out these tips from the American Psychological Association on how to improve your support network.

1. **Know who can help.** Different people can help you for different things. Think about ways you can connect with different people in your life.
2. **Be proactive:** Reach out to a friend or relative to catch up or just say hello. It will help to strengthen your relationship.
3. **Follow your interests:** Think about ways you can connect with others with similar interests to you.
4. **Seek support from peers:** Consider joining a support group with others in a similar situation to you.
5. **Ask for help:** Remember it is okay to ask for help; whether that means reaching out to a friend, family member, or neighbor, or going to a place of worship or community center.

If you would like to connect with a mental health professional or need help accessing resources, talk to your community health worker.