

# What can I do about changes in how my body or face look?



## Things I can do with my family

Some patients have found these strategies helpful:

- Talking about how you are feeling with a family member, someone you trust at school, a friend or a member of your care team
- Exploring online resources like Look Good Feel Better that help cancer patients improve their appearance, self-esteem and confidence. See [Look Good Feel Better](#), [Self-image](#) and [After amputation or limb-sparing surgery](#)

## Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest meeting with someone who can help teach you strategies for managing changes in how my body and face look
- Connect you to a peer support group to help you talk to other kids with cancer
- Help you get items that might make you feel more like yourself such as a mobility device or head covering that are right for you.

## When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Feel so upset that you feel out of control
- Have thoughts of harming yourself or someone else

Patients at home may seek additional help by calling Kids Help Phone: 1-800-668-6868.