

WHATEVER METASTATIC BREAST CANCER BRINGS



**BREAST
CANCER
NOW**

WE'RE HERE

Free metastatic breast cancer support

We understand what it's like to live with metastatic (secondary) breast cancer. Through our free specialised support, you can get expert information and meet people who are going through the same thing.

Information and support

Helpline

Worried or confused about metastatic breast cancer? Need answers you can trust? Whatever's on your mind, our helpline is here.

It's staffed by our expert nurses and trained staff. And it's completely free and confidential. So you can get the information and support you need, whatever you're going through.

Ask Our Nurses

If you have questions about metastatic breast cancer, our expert breast care nurses can help. Just message them by email, Facebook, Instagram or our forum. You'll get a clear, tailored reply with information you can trust.

We're open:

Monday to Friday 9am – 4pm

Saturdays 9am – 1pm

If you leave a message out of hours, we'll call you back.



0808 800 6000



nurse@breastcancer.org

Forum

Worries keeping you up at night? Want to connect with people who just get it? Just need some reassurance?

Our online forum is here. Whatever the time. And there's a specific area for people with metastatic breast cancer – so you can connect with other people who understand.

Sign up now at:



forum.breastcancer.org

Health information

With so much information out there, it can be hard to know who to trust. But with our health information, including our metastatic breast cancer information pack, you can be sure you're getting the facts you need.

It's accurate, up-to-date and written by experts. And it's available online, in print and in accessible formats.

Just go to:



**breastcancer.org/
about-breast-cancer**

Join a group or event

Living with Secondary Breast Cancer

Coming to terms with the shock of your diagnosis. Wondering how you're going to explain it to your family. Not knowing what the future holds. We know what it's like. And we know no one should have to face it alone.

At our **Living with Secondary Breast Cancer** groups, you'll meet other people going through the same thing. People who just get it.

You'll get to share what's on your mind. Get information from expert speakers. And it's all facilitated by qualified counsellors.

Groups run every month in locations across the UK as well as online. And you can join as often as you like.

Younger Women with Secondaries Together

Angry. Alone. Upset. Invisible. No one understands what it feels like being a younger woman with metastatic breast cancer, other than people going through it.

That's why **Younger Women with Secondaries Together** is here. You'll be able to connect with other women aged 45 or under who are going through the same thing. You can talk about what's on your mind. Share your experiences. And get expert information on the issues that matter to you.

We have 2-day residential events or online group sessions over 3 weeks. So you can join in a way that works for you.

Speakers Live

Live videos. Expert speakers. Q&As. Our **Speakers Live** sessions are here to help you learn about all things metastatic breast cancer.

From talking with children to financial advice. Sleep to exercise. You'll get trustworthy advice on a range of topics and the chance to get your questions answered.

The sessions take place on Zoom, and you can ask questions in the chat during the event.

To find out more or to book a place, contact our support team:

 **0800 448 0822**

 **services@breastcancer.org**

 **breastcancer.org/find-support**

**BREAST
CANCER
NOW**

We're the UK's leading breast cancer charity. And we're here with free, life-changing breast cancer support now. Whatever you're going through. However you need it. So you never have to face breast cancer alone.

Find out more about how we can support you.

Call **0800 448 0822**

Visit **breastcancernow.org/find-support**

Or scan the QR code:



Breast Cancer Now

6th Floor
The White Chapel Building
10 Whitechapel High Street
London E1 8QS