

**WHATEVER
SECONDARY
BREAST CANCER
BRINGS,
WE'RE HERE**

**Our free secondary
breast cancer
support services**

**BREAST
CANCER
NOW** The research &
support charity

We're here

Whoever you are, and whatever your experience of secondary breast cancer, our free services are here for you.

Whether you're coming to terms with your diagnosis, trying to live well during treatment or struggling with what the future might hold, we've got support that's tailor made for you.

Our services are available in person, online, on the phone or in print – meaning you can get the support you need in the way you want. Because whatever breast cancer brings, we're here.

INFORMATION AND SUPPORT

Contact our nurses

Breast cancer can be hard to make sense of. Whether you're going through treatment, worried about side effects or supporting someone you love. If you've got a question, our nurses are here to help.

They're here to listen on our free and confidential helpline and Ask Our Nurses email. No question is too big or too small, and you can be confident you're getting 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.

Call **0808 800 6000** or email **nurse@breastcancernow.org**

Health information

If you're looking for accurate information about breast cancer diagnosis and treatment, we've got you covered. Our award-winning information, including our secondary breast cancer information pack, is available online or in print. So you can get the information you need in the way you want.

Just go to breastcancernow.org/about-breast-cancer

Forum

Through our online forum, we're here with you every day. Whatever you're going through.

Thousands of people affected by breast cancer use our forum, and there's a specific area for people with secondary breast cancer. So there are always people ready to share, listen and support each other. Day or night. So you can talk about what's on your mind in a safe, confidential space with people who understand.



Join us at
forum.breastcancernow.org

GROUP SUPPORT SERVICES

Living with Secondary Breast Cancer

Secondary breast cancer is full of uncertainties. But you can count on Living with Secondary Breast Cancer to be here for you, no matter what.

In person or online, you'll be able to connect with people like you or hear from expert speakers. Whether you want to explore wellbeing, side effects, exercise – or just share what's on your mind. 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.

Whatever you choose, you'll be able to talk, listen and learn with people who understand what it's really like to live with secondary breast cancer.



Scan the QR code
find out more
about our support
and services

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



0345 077 1893



services@breastcancernow.org



breastcancernow.org/services

Younger Women with Secondaries Together

If you're a younger woman living with secondary breast cancer, you might feel isolated and invisible. But we see you. And we're here for you.

Younger Women with Secondaries Together gives you the chance to meet other women under 45 with secondary breast cancer. You'll get to talk about what's on your mind in a safe, welcoming space with people who really get it. And there's tailored information from expert speakers on treatment, living with secondary breast cancer and more.

You can take part in Younger Women with Secondaries Together online. We also host Younger Women with Secondaries Together residential events every year.

**We're Breast Cancer
Now, the research
and support charity.
However you're
experiencing breast
cancer, we're here.**

**Our vision is that
by 2050, everyone
diagnosed with breast
cancer will live, and be
supported to live well.**

For support and information:

0345 077 1893

breastcancernow.org

Fifth Floor,
Ibex House,
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Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).

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