

WHATEVER BREAST CANCER BRINGS

The logo for Breast Cancer Now, featuring the words "BREAST CANCER" stacked above "NOW" in white, bold, sans-serif font, all contained within a pink square. The woman in the background is wearing a white fur collar and a pink and purple patterned scarf.

**BREAST
CANCER
NOW**

WE'RE HERE

Free primary breast cancer support

Expert information on everything from symptoms to chemotherapy. Help so you can live well. Meeting people who are going through the same thing – people who just get it.

We're here with free, life-changing primary breast cancer support now. Whatever you're going through. However you need it. So you never have to face breast cancer alone.

Discover all the ways we can support you now.

Talk to a nurse

Helpline

Worried and confused about breast cancer or breast health? 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

Need an answer? Whatever's on your mind, our breast care nurses can help. Just send your question 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

Talk to someone like you

Someone Like Me

There's nothing quite like finding someone who really gets it. Who knows how it feels. Who can relate.

With Someone Like Me, we'll match you with a trained volunteer who understands. Someone who's been through a similar diagnosis or treatment to you.

They'll be there to offer support, answer questions or just listen. Over the phone or by email. Because you don't have to go through breast cancer alone.

Get matched now

 0800 448 0822

 someonelikeme@breastcancer.org

 breastcancer.org/someone-like-me

Forum

Worries about breast cancer 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. So you can connect with thousands of other people who understand.

Sign up now at:

 forum.breastcancer.org

Join a group or event

Moving Forward™

We know it's not 'back to normal' after breast cancer treatment.

The lingering side effects. The fear of it coming back. Those nagging worries that keep you up at night. Everyone expecting you to be the same as you were. To move on.

We get it. And we're here to help. With Moving Forward, you'll meet other people who've been through it, who understand. And you'll get the tools to help you feel in control. So you can move forward with your life.

Moving Forward takes place over 2 half days on consecutive weeks, either in person or online.

Younger Women Together

You feel like you're the youngest one on the cancer ward. You can't believe it's happening to you. You feel blindsided and alone. But you're not.

If you're 45 or under with primary breast cancer, Younger Women Together can help. It's a safe space to meet other people who get what it's like. You'll get to share what's on your mind, and get expert information on the issues that matter to you.

Our events happen over 1 or 2 days at cities across the UK. Or you can sign up to take part online, with 4 group sessions over 4 weeks.

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



0800 448 0822



services@breastcancer.org



breastcancer.org/find-support

Health information

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

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

Just go to:



breastcancer.org/about-breast-cancer

**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

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