If you’ve had a diagnosis of primary breast cancer, it can help to talk it through with someone who’s been there.

We’ll match you to a volunteer who can support you by telephone or email. You might want to talk to someone who has had the same diagnosis or someone with similar personal circumstances.

Our volunteers understand what you’re going through and you can talk freely about anything that’s on your mind.
Speak to a volunteer by telephone
Contact the team and we’ll match you to your volunteer.
Call 0345 077 1893
Email someoneilikeme@breastcancercare.org.uk
Website breastcancercare.org.uk/someonelikeme

Speak to a volunteer over email
If you’d prefer to write, then you can email a volunteer directly by heading to our website: breastcancercare.org.uk/slm

"Speaking to someone who’d had such a similar diagnosis and treatment and who had felt all the things I was feeling was absolutely invaluable."

"My volunteer was the perfect person to speak to - straightforward, warm and sympathetic."

The charity building strength through support
Registered charity in England and Wales 1017658  Registered charity in Scotland SC038104