

SUPPORT FOR YOU

Our services for people living with and beyond primary breast cancer



**BREAST
CANCER
NOW**

The research
& care charity

WE'RE HERE FOR YOU

Whether you're dealing with the news of your diagnosis, managing the ongoing side effects of treatment, want to improve your overall wellbeing or talk to others in a similar situation, our free services are here for anyone affected by breast cancer.

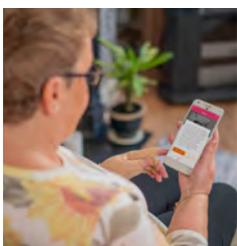


Breast care nurses and highly trained staff on our free and confidential **Helpline** are ready to take your call or email enquiry. Call **0808 800 6000** or email **nurse@breastcancer.org**

We're here to help you, providing the information and support that you need.



You never have to face breast cancer alone. Our **Someone Like Me** service can match you to somebody who's had a similar diagnosis or experience of primary breast cancer. You can talk over the phone or email, whenever it suits you – because sometimes the only person who can understand how you are feeling is someone who has been there. Find out more at **breastcancer.org/support**



With **Becca**, the breast cancer support app, support doesn't end when treatment finishes. Our free mobile app offers tailored strategies and bite-sized tips to help you move forward after treatment. You'll receive daily information and support from specialists and trusted online sources. Download from the App Store or Google Play.

GROUP SUPPORT SERVICES

Our online **Forum** is also a great way to get support from a growing community of people affected by breast cancer who understand what you're going through. There are hundreds of topics to explore and it's easy to join at forum.breastcancer.org



Adjusting to life after treatment for primary breast cancer can bring a mix of highs and lows. **Moving Forward Online** is here to support you. Our course will give you the chance to share your experiences in a supportive environment, get tips from breast cancer experts and connect with others in a similar situation. Whether it's support managing physical and emotional changes or improving your general wellbeing, this course helps you to move forward with your life.



If you're under 45 and have had a primary breast cancer diagnosis within the last three years, our new **Younger Women Together Online** services are just for you. You'll meet other women your age who understand what you're going through and be able to access expert information on treatment, fertility, exercise and more.

To find out more or to book a place, call our Services Support Team on **0345 077 1893**, email services@breastcancer.org, go online at breastcancer.org/services



Scan the QR code to go directly to our services sign-up page.

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At Breast Cancer Now we're powered by our life-changing care. Our breast care nurses, expertly trained staff and volunteers, and award-winning information make sure anyone diagnosed with breast cancer can get the support they need to help them to live well with the physical and emotional impact of the disease.

We're here for anyone affected by breast cancer. And we always will be.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **breastcancernow.org**

Breast Cancer Now

Fifth Floor,
Ibex House,
42–47 Minorities,
London EC3N 1DY

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

breastcancernow.org

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