



What else do we offer?

Telephone support is just one of the many services we offer to people affected by breast cancer. From diagnosis, throughout treatment to aftercare, our support days, online and telephone services are there for you every step of the way.

Breast Cancer Care is here for anyone affected by breast cancer. We bring people together, provide information and support, and campaign for improved standards of care.

Telephone support

Free and confidential services over the phone

Please get in touch

www.breastcancercare.org.uk

Free helpline 0808 800 6000

Typetalk prefix 18001

Scotland and Northern Ireland

Telephone 0845 077 1892

Email sco@breastcancercare.org.uk

Wales, South West and Central England

Telephone 0845 077 1894

Email cym@breastcancercare.org.uk

East Midlands and the North of England

Telephone 0845 077 1893

Email nrc@breastcancercare.org.uk

London and the South East of England

Telephone 0845 077 1895

Email src@breastcancercare.org.uk



Our telephone support services include a professional helpline, peer support and support groups.

How do telephone support services help?

We know that if you have just been diagnosed, are having treatment, or know someone who is living with breast cancer, it can be a confusing and anxious time. We also know how hard it is to find your way through the maze of information available on breast cancer and breast health. Sometimes you just need to talk. That's why whatever your concern, big or small, our telephone support services are just a free phone call away and offer a skilled ear and understanding, in total confidence.

Helpline

Our free and confidential helpline is run by trained staff and is open for calls from **9am-5pm Monday to Friday and 9am-2pm on Saturdays**. We offer up-to-date information on breast cancer and breast health, based on the latest research evidence.

Calls may be monitored for training purposes. Confidentiality is maintained between callers and Breast Cancer Care.

Who is the helpline for?

The helpline is for anyone affected by breast cancer – from people with breast health concerns to women and men with breast cancer, their relatives and friends, and healthcare professionals. Our interpreting service means that calls can be answered in any language.

Peer support

Sometimes it helps to talk to someone who has been there. Our **Peer support** telephone service aims to quickly put you in touch with one of our fully trained peer supporters who has been through the experiences that are most relevant to you. This can be on a regular basis, is in total confidence and free.

Who is Peer support for?

Peer support is for anyone affected by breast cancer. We also have a partner support service for partners of people living with breast cancer, and a specialist peer support service for people living with secondary breast cancer.

Telephone support groups

Our free and confidential telephone support groups are private groups of up to eight people who meet over the phone. Each group is held once a week for up to eight weeks and is facilitated by a professional therapist and breast care nurse.

Who are telephone support groups for?

Our support groups are individually tailored to cover different aspects of breast cancer. To find out if there is a group suitable for you please contact us on the telephone number below.

For more information on our telephone support services please call our helpline on 0808 800 6000.

What can I expect from telephone support services?

All helpline staff, peer supporters or support group facilitators are trained and have either personal or professional experience of breast cancer. You will be listened to with empathy, respect and without judgement.

Free helpline 0808 800 6000
Typetalk prefix 18001

www.breastcancercare.org.uk

personal experience
professional support