

MACMILLAN
CANCER SUPPORT

Why me?

What now?

**Where do
I start?**

Whatever you need to ask:
cancer, work, money, life

Whatever you need to ask about cancer, work, money or life, find the right support for you online or on the phone.

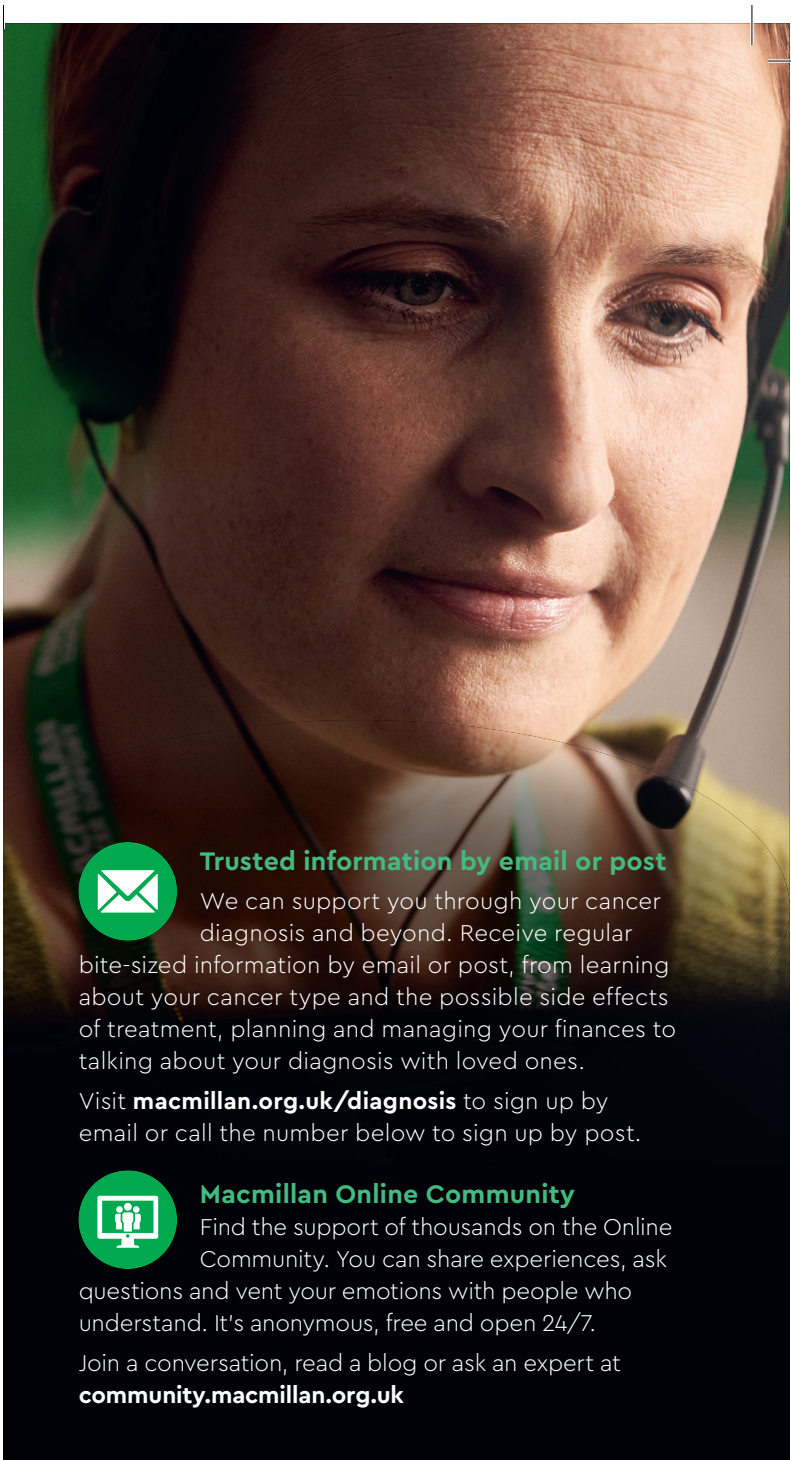
Ways we can support you



Macmillan Support Line

If you're worried about cancer you can talk to one of our expert teams:

- **Cancer information advisers** who will listen and help you to get the support you need. They're a shoulder to lean on if you're feeling upset or overwhelmed and will also provide the expert cancer information you need.
- **Cancer nurses** who can talk you through your diagnosis and treatment. They will help you understand what to expect from your diagnosis and give you key information on how to manage symptoms and side effects.
- **Welfare rights advisers** if you need help claiming benefits. They'll make sure you're not missing out on anything you're entitled to.
- **Work support advisers** who can help you understand your rights at work and guide you through how to negotiate any adjustments you need.
- Our **energy advice team** can advise you on the support available from your gas and electricity providers now and in the future if your financial circumstances change. They may also be able to help you unlock financial assistance towards bills, boilers and energy efficiency measures.
- **Financial guides** are also available and provide personalised guidance to help with mortgages, insurance and pensions. They can also explain products to help you find the best way to manage your money.



Trusted information by email or post

We can support you through your cancer diagnosis and beyond. Receive regular bite-sized information by email or post, from learning about your cancer type and the possible side effects of treatment, planning and managing your finances to talking about your diagnosis with loved ones.

Visit macmillan.org.uk/diagnosis to sign up by email or call the number below to sign up by post.



Macmillan Online Community

Find the support of thousands on the Online Community. You can share experiences, ask questions and vent your emotions with people who understand. It's anonymous, free and open 24/7.

Join a conversation, read a blog or ask an expert at community.macmillan.org.uk

Call us free on 0808 239 2942

Open 7 days a week, 8am-8pm

Some teams are available at different times

MAC19265/ENG



From the moment you're diagnosed, you may be overwhelmed by the amount of thoughts and questions you have about cancer. Questions both big and small, one leading to another and another. Whatever you need to ask, Macmillan is here to help. We will do whatever it takes to support you right now, whether you're concerned about symptoms, your treatment, your finances, or want to chat.



For information, support or just someone to talk to, call **0808 239 2942**, visit **[macmillan.org.uk/whateveryouneed](https://www.macmillan.org.uk/whateveryouneed)** or scan this QR code.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907), and the Isle of Man (604).

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