Breast Cancer Awareness Campaign

Further Key Resources

Whether you want to learn more about breast health, have concerns, or are supporting someone with a diagnosis, the following organisations offer information and support.

NHS - breast awareness and screening

Practical guidance on checking your breasts or chest, recognising unusual changes and knowing when to contact your GP. The NHS also explains breast screening and what happens at an appointment.

Resources: How to check your breasts or chest Breast screening information

Breast Cancer Now - specialist information and support

Information about breast cancer, treatments and life after diagnosis, alongside support services and a confidential helpline staffed by breast care nurses and trained staff.

Website: breastcancernow.org **Free helpline:** 0808 800 6000

CoppaFeel! - get to know your normal

Accessible guidance on checking your breasts or chest and recognising changes. Its interactive Self-Checkout guide and free monthly reminders can help you build a regular checking habit.

Website: coppafeel.org **Resources:** The self-checkout

Future Dreams - practical and emotional support

Support for people affected by breast cancer, including workshops, support groups and wellbeing activities. Services are available online and in person at Future Dreams House in King's Cross, London.

Website: futuredreams.org.uk **Telephone:** +44 (0)20 4558 2950

Macmillan Cancer Support - help with everyday life

Information and emotional support for people living with cancer and their loved ones, including guidance on treatment, work, money and benefits.

Website: www.macmillan.org.uk **Free support line:** 0808 808 0000

Cancer Research UK - understanding breast cancer

Detailed information about breast cancer symptoms, diagnosis, treatment and research, with a nurse helpline for questions about cancer.

Website: www.cancerresearchuk.org/about-cancer/breast-cancer **Free nurse helpline:** 0808 800 4040

Breast Cancer UK - understanding and reducing risk

Information about breast cancer risk factors and practical lifestyle choices that may help reduce risk.

Website: www.breastcanceruk.org.uk

thrive4life