

Useful Contact Information General

General support

Below are a selection of organisations that have websites and often free helplines that are available when you want to talk with someone:

- **Macmillan**

Open every day, 8am to 8pm, Call 0808 808 00 00

<https://www.macmillan.org.uk/information-and-support/coping/getting-support/talking-to-us>

- **Melanoma Focus**

Melanoma Focus is a national charity providing information for public and professionals alike

Free Helpline Monday to Friday 7pm-9pm 0808 801 0777

<https://melanomafocus.com/support/helpline/>

- **Melanoma UK**

To support melanoma patients, caregivers, and medical professionals through coordinated information and services. The website below has links to Meet up groups and Facebook support groups

<https://www.melanomauk.org.uk/Pages/Category/our-community>

- **Cancer Support UK**

Sign up on the website and volunteers will contact you to set up on a weekly telephone support group

<https://www.cancersupportuk.org/telephone-groups>

- **Tenovus cancer care**

Provides emotional support and practical advice to people affected by cancer.

<https://www.tenovuscancercare.org.uk/how-we-can-help-you/talk-to-us/>

Free support line: 0808 808 1010

- **Cancer Research UK**

A cancer research and awareness charity for anyone affected by any kind of cancer.

0808 800 4040

cancerresearchuk.org