

Study help and support information

Help and Support Options for Skin Cancer

Click on the links (in blue) to access the websites mentioned below.

Samaritans (*if you are feeling distress or whatever you are going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year*)

- You can call them free on: 116 or 123
- Email them at: jo@samaritans.org
- Visit: <https://www.samaritans.org/>

British Association for Counselling and Psychotherapy (*you can find your local counsellor or psychotherapist on this website*)

- You can call them on: 01455 883300 (*lines open Monday – Friday from 10am to 4pm*)
- Email them at: bacp@bacp.co.uk
- Visit: <https://www.bacp.co.uk/>

Further information and support

British Association of Dermatologists

- Website: www.bad.org.uk OR <https://www.skinhealthinfo.org.uk/symptoms-treatments/skin-cancer/>

British Skin Foundation

- Website: <https://knowyourskin.britishskinfoundation.org.uk/>

NHS (*the NHS website*)

- Website: www.nhs.uk/Conditions/Malignant-melanoma OR <https://www.nhs.uk/search/results?q=skin%20cancer&page=0>

Cancer Research UK (*information and support for anyone affected by cancer*)

- Website: www.cancerresearchuk.org OR <https://www.cancerresearchuk.org/about-cancer/skin-cancer>
- Nurse helpline: 0808 800 4040
- Ask a nurse: <https://www.cancerresearchuk.org/about-us/contact-us/talk-to-our-nurses?secure=true>
- Online cancer chat forum: <https://cancerchat.cancerresearchuk.org/f/>
- Find a clinical trial service: <https://www.cancerresearchuk.org/about-cancer/find-a-clinical-trial>

Melanoma Focus (*information, guidance and support for patients, carers, and healthcare professionals*)

- Website: <https://melanomafocus.org/>
- Helpline: 0808 801 0777
- Melanoma Focus Support: <https://melanomafocus.org/support/>

Melanoma UK (*information and support for anyone affected by melanoma*)

- Website: www.melanomauk.org.uk
- Helpline: 0808 171 2455
- Melanoma UK Support: <https://www.melanomauk.org.uk/Pages/Category/general-support>

Macmillan Cancer Support (*information and support for anyone affected by cancer*)

- Website: www.macmillan.org.uk
- Helpline: 0808 808 00 00
- Macmillan Cancer Support: support line service: <https://www.macmillan.org.uk/forms/contact-us/ask-macmillan-form.html>
- Macmillan Cancer Support: online melanoma forum: https://community.macmillan.org.uk/cancer_types/melanoma-forum
- Macmillan Cancer Support: find local support services: <https://www.macmillan.org.uk/in-your-area/choose-location.html>

Marie Curie (*care and support for anyone affected by a terminal illness*)

- Website: www.mariecurie.org.uk
- Helpline: 0800 090 2309
- Marie Curie patient services: <https://www.mariecurie.org.uk/professionals/patient-services>

Penny Brohn UK (*cancel wellbeing for everyone*)

- Website: <https://www.pennybrohn.org.uk>

Emotional anxiety

Macmillan (*support with feeling anxious*)

- Website: macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/anxiety

Better health, every mind matters (*helping you to manage anxiety*)

- Websites: nhs.uk/oneyou/every-mind-matters/anxiety/#watch-video

NHS talking therapies (*find your local talking therapies*)

- Website: <https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/find-your-gp>

Cancer care map (*find cancer support near you*)

- Website: <https://www.cancercaremap.org/>

Maggie's at the Royal Marsden (*everyone's home of cancer care*)

- Website: <https://www.maggies.org/our-centres/maggies-royal-marsden/>

Helpful educational videos

Skin Cancer self-examination video:

- Link: <https://www.youtube.com/watch?v=7iweKDdpkjs>

Lymph nodes self-examination video:

- Link: <https://www.youtube.com/watch?v=gsaJF63QRZw&t=17s>

Sun protection video:

- Link: <https://www.youtube.com/watch?v=wRlvNWJHnAM&t=6s>