

# UK-based cancer support

Coping with cancer can feel overwhelming, but there are many organisations, support groups, and resources available to help.

This list highlights support available for general cancer concerns nationwide, but remember that specific types of cancer often have dedicated charities and organisations, as well as local support options.



Providing information, advice, and resources about cancer prevention, treatment, and research.

0808 800 4040

[cancerresearchuk.org](https://cancerresearchuk.org)



Offering practical, medical, and emotional support for anyone affected by cancer.

0808 808 00 00

Their helpline, online chat, and local services provide guidance tailored to your needs.

[macmillan.org.uk](https://macmillan.org.uk)



Free cancer support and information in centres across the UK, offering professional help with any aspect of living with cancer.

0300 123 1801

[maggies.org](https://maggies.org)



Specialist care and support for those living with a terminal illness, including cancer.

0800 090 2309

[mariecurie.org.uk](https://mariecurie.org.uk)



Dedicated to supporting individuals adjusting to life post-cancer treatment with resources, workshops, and peer support.

[life-aftercancer.co.uk](https://life-aftercancer.co.uk)

## UK-BASED CANCER SUPPORT



Providing physical activity programs, resources, and support for people living with or beyond cancer.

[moveagainstcancer.org](https://moveagainstcancer.org)



Specialising in helping individuals manage cancer in the workplace, including support for employees, employers, and caregivers.

[workingwithcancer.co.uk](https://workingwithcancer.co.uk)



A charity offering free workshops and advice on managing the visible side effects of cancer treatment to improve confidence and wellbeing.

0800 234 6346

[lookgoodfeelbetter.co.uk](https://lookgoodfeelbetter.co.uk)



Supporting children and young people with cancer, as well as their families, through practical, emotional, and financial support.

0300 330 0803

[younglivesvscancer.org.uk](https://younglivesvscancer.org.uk)



Focused on the unique needs of teenagers and young adults diagnosed with cancer, offering specialist care and peer support.

020 7612 0370

[teenagecancertrust.org](https://teenagecancertrust.org)



Providing comprehensive support and resources for cancer patients, from diagnosis to treatment and follow-up care.

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(for non-emergency medical help)

[nhs.uk/conditions/cancer](https://nhs.uk/conditions/cancer)

Support is available at every stage of the cancer journey—whether someone is newly diagnosed, undergoing treatment, or adjusting to life after cancer. These organisations provide guidance and reassurance to help individuals navigate their experience.