

# Support when you need it most

The diagnosis of a terminal illness can be deeply distressing, either personally, for a loved one or a colleague. The duration of the illness may vary, and it is critical individuals have compassionate support throughout.

The helpline is staffed by trained counsellors and on hand to provide you with the practical and emotional support you and your family need.



**Call the helpline on:**

**0800 917 0096**

Available 24 hours a day, 365 days a year to support you, for as often and as long as you need it.

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