

Our team of experts and trained volunteers provide a range of services to help you choose the right support for you.



The nurses are well-informed, patient and so helpful. It's the most amazing resource available. Their knowledge and time is phenomenal.

Service user



You answered all my questions and gave me hope and courage for the future.

Service user

Ask us the questions you need answers to, or just talk. We've got time for you.



Call us on **0800 074 8383***

Or get in touch by email, WhatsApp or Live Chat via our website:

**[prostatecanceruk.org
/get-support](https://prostatecanceruk.org/get-support)**

* Calls are recorded for training and monitoring purposes. Confidentiality is maintained between callers and Prostate Cancer UK. For our full confidentiality policy, please visit our website: prostatecanceruk.org



**PROSTATE
CANCER UK**

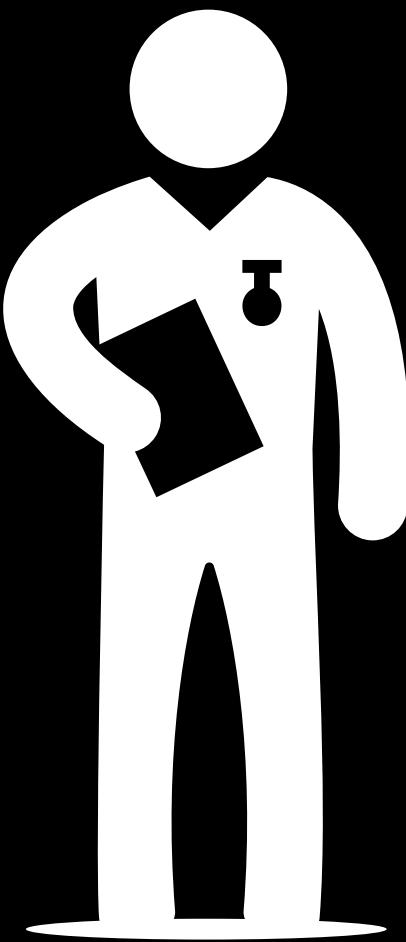
QUESTIONS ABOUT PROSTATE PROBLEMS?

We're here for you

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Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC03933). Registered company 026633887.



OUR SERVICES

Speak directly to a Specialist Nurse

If you've been diagnosed or have concerns about prostate cancer or another prostate problem, our expert team of Specialist Nurses are here to listen and provide free, unbiased, confidential support and information.

We're here for partners, family members, friends, and health professionals too - however you choose to get in touch.

Ask questions about sex or relationships

Our Specialist Nurses are here to answer whatever questions you or your partner might have, including changes to your relationships, loss of sex drive and erectile dysfunction - no matter how embarrassing or awkward they might seem. Visit prostatecanceruk.org/sexual-support or call 0800 074 8383*.

HOW TO REACH US

Speak to our Specialist Nurses from **Mon-Fri: 9am-5pm (Wed: 10am-5pm)**.

 Call **0800 074 8383***

 Get in touch by email at prostatecanceruk.org/emailnurses

 Visit prostatecanceruk.org/nurses to chat with us on Live Chat or WhatsApp and find out more about the support we offer.

Please note our Specialist Nurses will only be able to respond during the hours above.

Risk Information Service

We know prostate cancer risk and the PSA blood test can be confusing - that's why we're here to help. This free, confidential service connects you with a trained Risk Information Officer who can answer your questions, and help you make informed decisions about what to do next.

Visit prostatecanceruk.org/risk-info or call **0800 448 0821***.

Speak in your own language

Our **telephone translation service** can connect you with our helplines in over 200 languages. Call **0800 074 8383*** and state, in English, the language you need.

Reliable health information

Our award-winning health information is available to read, order or download from our website for free. All our publications are designed to help answer your questions about prostate cancer and other prostate problems. This includes information on tests, treatments, side effects and what to expect.

To order or download our fact sheets and booklets, visit prostatecanceruk.org/publications or speak to our Specialist Nurses.



CONNECT WITH OTHER PEOPLE AFFECTED BY PROSTATE CANCER

Online community

Our online community is a place to talk about whatever's on your mind - your questions, your ups and your downs. Anyone can ask a question or share an experience with people who've been where you are.

Visit community.prostatecanceruk.org

One-to-one support

If you or someone you love has been diagnosed with prostate cancer, our free One-to-One Peer Support and Black Men's One-to-One Support service can connect you by phone to someone who truly understands what you're going through.

We'll match you with a trained volunteer who's had a similar experience to you. They will listen to your issues and concerns and share their own personal experiences to support you.

Want to speak to someone who's been there? Leave your details with our Peer Support team at prostatecanceruk.org/one-to-one or call **0800 448 0745*** to be matched with a volunteer.