

Are you living with cancer and struggling with anxiety? Florence can help.

**Text: ANXIETYHELP to
07860 093094 to receive a
free text-message support
programme**

Programmes also
available for:

- Low mood • Pain
- Fatigue • Nausea
- Sleep problems

Speak to your
healthcare
professional for
more details

Download a full
guide here:



bit.ly/3wz4NPL

