

## Breast Cancer Network Australia (BCNA) is Australia's leading breast cancer consumer organisation.

We provide information and support to those diagnosed and their supporters, opportunities to connect with others going through a similar situation and work to influence a stronger healthcare system to ensure all Australians affected by breast cancer receive the very best care, treatment and support.



## HELPLINE 1800 500 258 helpline@bcna.org.au | bcna.org.au

# How BCNA can support you





#### **BCNA HELPLINE**

BCNA's free and confidential Helpline provides compassionate and practical support to people affected by breast cancer. Call 1800 500 258 or email helpline@bcna.org.au



#### **MY JOURNEY**

My Journey is a free information resource that provides you with reliable and up-to-date information tailored to suit your situation. Download the **My Journey app** or visit **myjourney.org.au** 



#### **ONLINE NETWORK**

BCNA's online network can connect you with others who understand what you're going through. Join at **onlinenetwork.bcna.org.au** 



#### **INFORMATION FORUMS**

BCNA presents Information Forums across rural and regional Australia for people diagnosed with breast cancer and their support people. Hear about upcoming events at **bcna.org.au** 



#### **DIGITAL RESOURCES**

BCNA has a range of digital resources covering a variety of topics that share insights from health professionals and those with a lived experience and provide access to up-to-date information. Listen or view at **bcna.org.au** 



#### **PODCAST LIBRARY**

Upfront About Breast Cancer provides advice, stories and support. Listen via **bcna.org.au** or wherever you get your podcasts.



#### **MY CARE KIT**

My Care Kit is available to those who undergo surgery for breast cancer and contains a specially designed Berlei bra and soft form/s, provided through a partnership with Berlei. Contact BCNA's **Helpline**.

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