



Here for everything a diagnosis brings



A quick guide to how
Myeloma UK can support you

Myeloma UK is here with information,



Myeloma Infoline

If you have questions, need to talk to an expert or aren't sure where to begin, call our team of specialists. We'll provide information, support and the space to ask whatever questions you need to.

0800 980 3332 (Mon–Fri, 9am–5pm)



Ask The Nurse

If you prefer typing to talking, you can email your questions to our team and they'll get back to you with expert information, emotional support and practical advice.

AskTheNurse@myeloma.org.uk



Information resources

Whatever you need to know, get the answers with our wide range of free information resources. Order or download our booklets and magazines, and browse videos and news stories online.

myeloma.org.uk/publications



Information Events

Regularly held in person Infodays and online Digital Infoday Sessions give you the opportunity to meet others, hear from leading experts and ask questions.

myeloma.org.uk/infoevents



Support Groups

Held all over the UK and online, our range of Support Groups provide supportive spaces to get to know others living with myeloma, hear different experiences and know you're not alone in your diagnosis.

myeloma.org.uk/supportgroups

support and help when you need it



Discussion Forum

Day or night, you can connect with a community of people who know what it's like to live with a myeloma diagnosis. Ask questions and share experiences online with our Discussion Forum.

myeloma.org.uk/forum



Peer Buddy service

Our Peer Buddy service will match you with someone who has experience of living with myeloma for one-to-one support via a series of telephone or video calls.

myeloma.org.uk/peer



Related conditions

We're also here to support you if you have a condition related to myeloma, such as AL amyloidosis, smouldering myeloma, MGUS, plasmacytoma, plasma cell leukaemia or POEMS syndrome.

myeloma.org.uk/related-conditions

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Support for all those affected

We know that a diagnosis affects those around you as well, so we provide specialised support for family members, friends and carers.

myeloma.org.uk/family



Become part of the community

If you want to get involved and help support our community, we have a range of opportunities for you to make a difference.

myeloma.org.uk/support-the-community

Whatever you need, we're here to help.

Myeloma UK is the only organisation in the UK dealing specifically with myeloma and its related conditions.

We want everyone living with myeloma to have access to the support and information they need when they need it.


Our support and information services are designed with and for people affected by myeloma, to help you cope with everything a diagnosis brings.

As a charity, all our work is funded by people like you, through voluntary contributions and gifts in wills.

As well as providing free information and services, Myeloma UK funds innovative life-changing research and advocates for access to new treatments.

To support our work visit myeloma.org.uk/how-you-can-help or call **0131 230 0429**.



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