



Storytelling Wellbeing Resources

CoppaFeel!
breast cancer awareness

HEY THERE

CoppaFeel!'s community mean the world to us. From our Boobettes to our bucket shakers, everyone who helps us spread the chest-checking word is an essential part of what makes us the charity we are. But we know that for some of our community, dedicating their time and energy to us can come at a cost.

We rely on Storytellers like you to help us demonstrate the value of our work. But we recognise that asking you to tell your story around breast cancer might not always be easy. Managing everything that comes with sharing your experiences on the regular can be tricky and we've got a duty of care to make sure we're doing everything we can to make sure we're not adding to any burden you may be facing.

That's why we've pulled together this booklet of Wellbeing Resources. It's home to all of the support you can access before, during and after telling your story as part of the CoppaFeel! community.

We appreciate you.

A SERIOUS NOTE...

While we endeavour to support you as much as we can, we know there may be circumstances where you need more support than we can offer.

If you are ever in acute distress, please either call your GP and request a same day appointment, or call The Samaritans on **116 123**.

If you feel your personal safety is at risk, go straight to A&E, or call 999 and ask for an ambulance.

If you can't do this by yourself, ask someone to help you.

Mental health emergencies are serious. If you're ever in crisis, it's important to seek support. You're not wasting anyone's time. You matter.

SHOWING UP WELL RESOURCED



SLEEP:

Getting good quality sleep is essential for showing up ready to share your story. When we're sleep deprived even minor stressors can impact us. Try and get a good night's sleep before you tell your story. Rest is important too!



HYDRATION:

It seems simple but when you're thirsty you just can't function at your best. Without getting enough water, your brain doesn't work as it should, so your mood can be negatively affected.



EXERCISE:

We've all been told exercise is good for our mental wellbeing but any movement at all can help us feel better prepared for dealing with tough things. Even if it's just a gentle walk before we start, taking time to move in whatever way works for us can be a huge help. Exercise also improves resilience.



NUTRITION:

We aren't here to tell you what to eat but making sure you've got enough energy to do what you're asking of your body and brain is **CRUCIAL**. That means emotionally and mentally as well as physically. When you're hungry, you just can't function at your best.



SIGNPOSTING

There is tonnes of other support available to you, beyond that which we're able to provide.

Check out this list of organisations and let us know if you think we're missing anyone:

01 TREKSTOCK

A charity for those diagnosed with cancer in their 20s or 30s. They offer a range of programmes to support people's physical and mental wellbeing. They focus on creating community and connection too.

Find out more.

02 TEENAGE CANCER TRUST

TCT supports those up to age 25 diagnosed with cancer. They have a network of nurses and youth support workers who offer invaluable information and support and they run bespoke events for people in this age bracket.

03 SELF SPACE

An on-demand therapy service. They're open 7 days a week, 7:30am – 9:30pm with over 65 therapists to choose from. Available **online** and in person and prices start from £60 for 30 mins.

04 SAMARITANS

Can be contacted 24 hours a day, 365 days a year on **116 123**. It's free to call. If you feel someone is in immediate danger, a threat to themselves or other people, you should direct them to their GP or A&E.

05 CALM

No matter who you are, where you're from or what you're going through, you'll find support at **CALM**. From their place to anonymously write down your thoughts, to their chatline (0800 585858 available 5pm - midnight) they've got you.

06 MACMILLAN

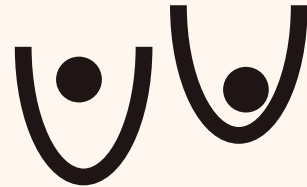
Exists to help everyone with cancer live life as fully as possible. You can call (0808 808 00 00), email or chat with a trained cancer information advisor online. You can also access free specialist counselling. Find out more **here.**

07 MIND OUT

An LGBTQ+ mental health service run by and for the LGBTQ community. There's an **online support service**, peer support groups and signposting to further support groups to help you access the help you need.

08 THE EMPOWERMENT GROUP

An organisation who offer culturally appropriate therapy (often heavily subsidised) to the Black adult community. They exist to develop an inclusive mental health care system. **Find out more.**



THANKS AGAIN...

for being part of the CoppaFeel! community and for sharing your story so generously. Please do take advantage of the wellbeing resources and tools available to you while you're working with us.

Any questions or concerns? Reach out to your CoppaFeel! contact and they'll be happy to help.

Take really good care.

Team CoppaFeel!

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