



TIPS FOR HELPING A FRIEND WITH BREAST CANCER



DO

- ♥ Be available to listen.
- ♥ Let your friend know that you're available to come over when needed.
- ♥ Cry, laugh and listen to her. Sometimes there is no need for words.
- ♥ Let her know if you don't mind taking a call from her in the middle of the night.
- ♥ Just be yourself. You don't need to worry about not knowing what to say.
- ♥ Ask if it's ok to visit.
- ♥ Prepare home-cooked meals, soups, biscuits and cakes that can be frozen and used when needed.
- ♥ Help with housework, gardening or looking after pets.
- ♥ Offer to drive her to medical treatments or appointments.

DON'T

- ♥ Don't tell her about the latest cure you've heard about.
- ♥ Don't tell her horror stories about other people with cancer.
- ♥ Don't give up on her, stop calling or visiting.
- ♥ Don't tell her to be positive.
- ♥ Don't tell her to change her lifestyle or diet.
- ♥ Don't avoid her.
- ♥ Don't make assumptions about what she can and can't do.