

# Managing breathlessness



Marie  
Curie

A guide to breathing techniques,  
medication and other things  
that can help

**\* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.**

# Introduction

This booklet has information to help with breathlessness if you have a life-limiting or terminal illness. If you have someone supporting you, like a friend or family member, they may also find it helpful.

In this booklet, we talk about the reasons why you might feel breathless, the things you can do that can help manage it, medication for breathlessness – and the people who can support you.

 If you have any questions or concerns about breathlessness, speak to your healthcare team. You can also contact our free Support Line for practical information or emotional support on **0800 090 2309\*** or at **[support@mariecurie.org.uk](mailto:support@mariecurie.org.uk)**



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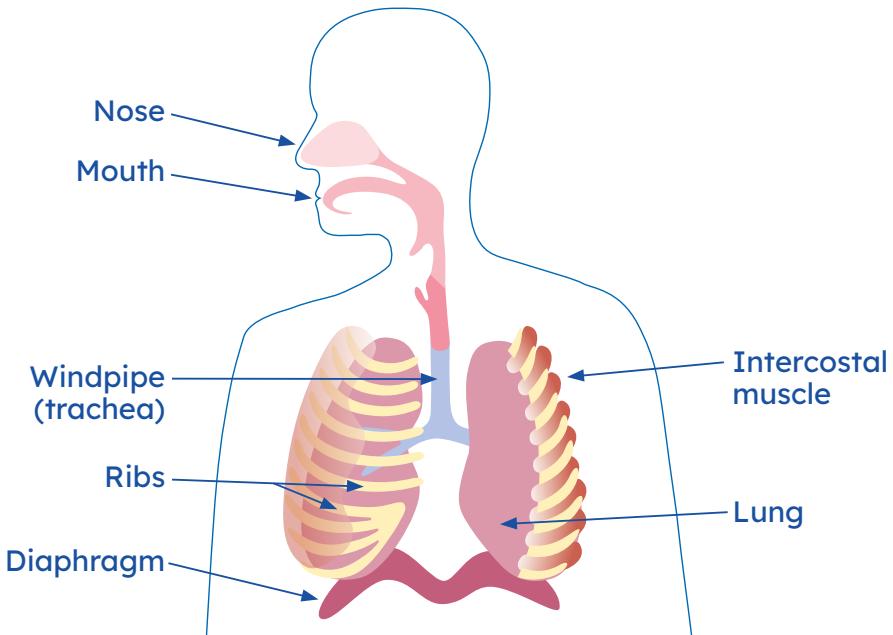
# Understanding breathing

Most of the time we breathe without thinking about it. But with some illnesses, breathing can become a big effort.

To understand why this happens, it can help to know how the lungs work:

- Our bodies need oxygen. If our muscles do not get enough oxygen, we become breathless. The medical word for breathlessness is **dyspnoea** (also spelt **dyspnea**).
- When we breathe in, air goes in through our mouth or nose and into our windpipe (**trachea**).
- The windpipe splits into two tubes which go into each lung.
- When we breathe in (**inhale**), our chest and lungs expand.
- When we breathe out (**exhale**), our lungs get smaller again.
- We have a large muscle under the lungs called the **diaphragm** (dye-uh-fram). It helps to draw air into the lungs and allows them to expand. We also have muscles between the ribs (**intercostal muscles**) which help the chest to expand and let air into our lungs.

## Managing breathlessness



When we're relaxed and breathing is easy, we use our diaphragm and intercostal muscles. If breathing becomes harder, muscles in the shoulders and chest can help but they get tired quickly.

All these things working together is called the **respiratory (breathing) system**.

# What is breathlessness?

Breathlessness is an uncomfortable feeling of being out of breath. It's normal to feel breathless sometimes. For example, after hurrying for a bus. But it can be caused by an illness. Even with the right treatment, some people may still feel breathless.

Breathlessness can be different for everyone. You may have breathlessness all the time or for short periods. It might be when you're active, or feeling anxious, or you might not know why. Breathlessness that develops over weeks or months is known as **long-term (chronic) breathlessness**.

## How breathlessness can affect daily life

Breathlessness can be difficult. It can affect every part of your life. You may feel breathless walking, getting dressed or climbing stairs. If it's making daily life harder, you might need to ask friends, family or professionals for support. Read about support from professionals on page 24.

You might find breathlessness frightening. It might make you feel worried or panicky. Read about how to manage feelings of anxiety about breathlessness on page 17.

**“When I started having breathlessness it was scary, but it didn’t last long. You get to know your limitations and then you don’t push yourself too hard.”**

Gerard, living with breathlessness

# What causes breathlessness?

Speak to your doctor or nurse about breathlessness. They can find out what's causing it and recommend the best ways to manage it. If there's a reversible cause, like an infection, they can treat this.

Sometimes breathlessness continues after an illness has been treated. If this happens to you, tell your doctor or nurse. There might be treatments that can help with your breathing.

Breathlessness can happen if any part of your respiratory (breathing) system is not working properly. We list some of the reasons for this below.

## The lungs

Illnesses such as COPD (chronic obstructive pulmonary disease), pulmonary fibrosis and lung cancer affect the lungs.

## The muscles

Illnesses that affect your muscles, such as motor neurone disease (MND) and multiple sclerosis (MS), can cause breathlessness.

## The heart

If your heart cannot pump blood around your body as well as it should, your muscles do not get enough oxygen. This can make you feel breathless from even gentle physical activity. Heart failure can also sometimes cause fluid to build up in the lungs.

## Chest infections

Infections in your lungs or airways can cause breathlessness for a short time. It will usually go back to normal once the infection is treated.

## Low levels of red blood cells (anaemia)

If you have anaemia, you may not have enough red blood cells to carry oxygen around your body, causing breathlessness.

## Anxiety

Anxiety can make you feel breathless. When you're anxious, you tend to take quick, shallow breaths that do not get enough air into your lungs. This can then make you feel more anxious.

Breathlessness itself can also make you feel anxious. You may have worrying thoughts like 'I feel like I'm going to die' or as though you do not want anyone to see you like this. This can cause physical changes that make it harder to breathe.

Read more about managing anxiety on page 17.

## Fatigue

People with breathlessness may also have fatigue. This is a feeling of extreme tiredness, weakness or lack of energy.

Fatigue may mean you're less active, which could affect your muscle strength. You may then feel breathless more quickly from a small amount of activity. If you're able to do some activity, it can help keep your muscles strong, which can help with breathlessness.

Read more about ways to stay active on page 15.

 You can order our free booklet, **Managing fatigue** at [mariecurie.org.uk/publications](http://mariecurie.org.uk/publications) or by calling our free Support Line on **0800 090 2309\***.



Philip Hardman/Marie Curie

# Managing breathlessness

There are lots of things you can do that can help manage breathlessness. You can also ask your doctor or nurse about a breathlessness service near you. See page 24 for more information on getting support.

You can use our Breathlessness Diary and Action Plan on pages 29 to help you manage day-to-day life with breathlessness.

## Positions that can help with breathing

These positions for sitting or standing can make it easier to fill your lungs with air. Not every position works for everyone. Try them out and see which is best for you. You can do them by yourself or ask your physiotherapist, doctor or nurse for support. It may help to wear loose clothing around your waist or chest.



1. Sit upright in a chair with your back against the back of the chair and rest your hands on your thighs.



2. Sit on a chair leaning forward with your forearms resting on your thighs.

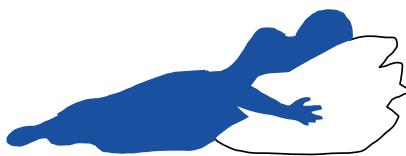
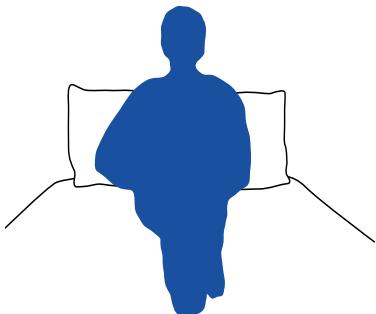


3. Sit or stand leaning forward with your arms resting on a ledge such as a windowsill or table.

4. Lean back against a wall with your feet a comfortable distance from the wall and slightly apart. Relax your shoulders and let your arms hang down by your sides or rest them in your pockets.



5. If you're in bed, try to lean back against pillows so that you're sitting upright. Or you can lie on your side with pillows under your head and shoulders. Make sure the top pillow supports your head and neck. A V-shaped pillow can be helpful.



Once you're in one of these positions you can try breathing control techniques.

## Breathing control techniques

Breathing control means using techniques to breathe gently, using the least effort. It can help when you are short of breath or feeling anxious. These breathing control techniques can help let more air into your lungs and help you to feel more in control of your breathing.

### Pursed-lip breathing

You can try pursed-lip breathing at any time, or when you're doing something that makes you feel short of breath.

First, get into a comfortable position for your breathing (see pages 9 and 10). You can then:

- breathe in gently through your nose
- purse your lips as if you were going to whistle
- blow out with your lips pursed when you breathe out.

Do this gently for as long as it feels comfortable. Do not force air out of your lungs.

You might want to practice for when you feel out of breath.

## Blow as you go

This breathing control technique helps you breathe more easily while doing activities.

Blow as you go means:

- taking a breath in just before you do something, then
- breathing out while doing it (it can be helpful to use pursed-lips when you blow out).

You can try this for things that feel like an effort, such as:

- stretching your arms above your head to reach for something
- reaching or bending down
- lifting something heavy
- climbing stairs
- standing up.

## Better air circulation with a fan or open window

You can try using a fan with breathing exercises to help slow your breathing and recover from an episode of breathlessness. A draught of cool air across the face can help you feel less breathless. You could use a desk fan, or stand-up fan, to create a draught of air in the room. Place the fan so that the air hits one side of your face just in front of your ear.

If it's not too cold, you could open a window to improve air circulation and keep the room cool.

You could also carry a small hand-held fan for when you need it.

# Making the most of the energy you have

The five Ps – prioritising, planning ahead, pacing, positioning and permission – are a way to make the most of your energy. They can be especially helpful if you have fatigue as well as breathlessness.



You can read more about making the most of your energy in our booklet, **Managing fatigue**. You can order our free booklets online at [mariecurie.org.uk/publications](http://mariecurie.org.uk/publications) or by calling our free Support Line on 0800 090 2309\*.

## Prioritising

This means prioritising what matters most to you. Make a list of the things you want to do and decide which ones matter most. Include things you enjoy as well as things you need to do.

## Planning ahead

Try to plan activities across the week with time to rest and recover. You could use a diary or the calendar on your phone. We have a sample Breathless Diary and Action plan on pages 29 to 34.

## Pacing activities

Pace yourself and take your time. It's OK to ask for help. Listen to your body and understand your limits.

## Positioning

Think about how your position can help save energy. For example, sitting down to chop food or sort laundry. If an activity involves using your arms, it can help to sit with your arms resting on a table. This supports your muscles, so your lungs do not have to work so hard. Try to keep things you use often in easy reach.

## Permission

Give yourself permission to do things differently. It might mean taking rests or asking for help. Be kind to yourself and try not to worry if you cannot do everything you planned.

**“We all have off days. When you have cancer or a long-term illness, those off days will look a bit different.”**

Deborah, Occupational Therapist (OT)

## Eating efficiently

If you get breathless when you’re eating, it can help to:

- take your time
- try softer, moist foods like soups, smoothies and pureed foods that are easier to chew and swallow
- sit down to eat and do not eat while you’re on the move
- try not to talk while eating
- eat smaller meals and have snacks throughout the day.

## Physical activity

Physical activity may feel challenging. But it can help improve your fitness and, over time, can help your breathing.

Physical activity could include walking, gardening or swimming. Or it could be moving your arms and legs in bed or sitting to standing movements. A physiotherapist can give you your own programme of exercises. Some hospitals and hospices run exercise groups for patients who are breathless. See page 25 for more information about services at a hospice.

Things to remember when you're doing physical activity:

- You should still be able to talk in short phrases. If you cannot do this, slow down until you recover your breath.
- Controlled breathing exercises (see page 11) can help you manage your breathing while you exercise.
- Plan ahead by thinking about where you can rest. For example, where you can sit on a wall or bench. So you do not feel anxious about finding somewhere to stop. See how a Breathlessness Diary and Action Plan can help you to plan ahead on pages 29 to 34.

It's not pleasant if you become breathless when you're exercising, but it is not usually harmful. It should settle with rest after a few minutes.

## Walking aids

Some people find that a walking aid, like a wheeled walker, can help their breathing. This is probably because the way that you lean forward and put pressure on your arms helps get air into your lungs. And being able to walk can help with your breathing generally.

A walking aid can also mean you can stop for a rest without having to sit down and get back up again. Being more mobile may help with your confidence too.

You can ask your doctor, nurse or physiotherapist about using a walking aid.

## Stopping smoking

Smoking can make breathlessness worse. Speak to your doctor or nurse if you smoke and want support to stop or cut down. The NHS website has more information on getting help with stopping smoking.

E-cigarettes (also called vapes) are thought to be less harmful than cigarettes. While we do not know their long-term effects, they may make symptoms of breathlessness worse.

# Managing anxiety

If you have anxiety, it can help to talk about it with someone you trust. This could be a friend, family member or your doctor or nurse.

Your doctor or nurse can prescribe medicines to help, and they may refer you to a different professional for more support. This could be a counsellor or psychologist who can help you understand and work through your feelings.

Counselling is a talking therapy. It is sometimes free at hospices, hospitals or GP surgeries. Your doctor or nurse can let you know what talking therapies are available locally and can help you decide which treatment is best for you. For more information about free counselling services, speak to your GP.

You may also be able to get private counselling, but you have to pay for this. For more information, ask your doctor or visit the British Association of Counselling and Psychotherapy website to find a qualified counsellor near you.

 You can also contact our free Support Line on **0800 090 2309\*** or at **[support@marie.curie.org.uk](mailto:support@marie.curie.org.uk)** for practical information and emotional support.

## Breathing techniques

These techniques can help you get your breathing under control when you're feeling anxious. It's worth practising them first – so you can use them if you start to feel short of breath or anxious.

## Rectangular breathing

Imagine a rectangle or look at something rectangular in the room like a TV screen.



Breathe in and imagine going up one side.



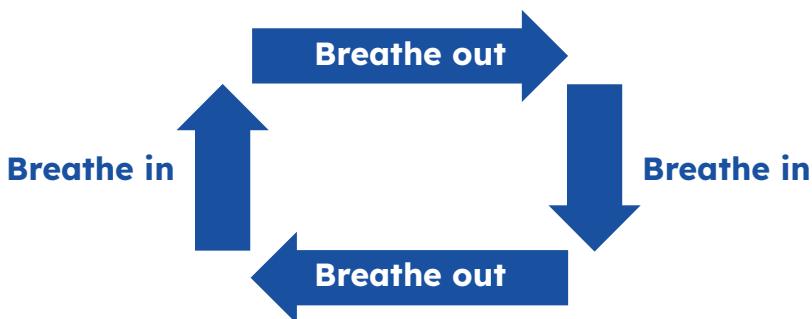
Breathe out and imagine going along the top.



Breathe in and imagine going down the other side.



Breathe out and imagine going along the bottom of the rectangle.



Try to increase how long you breathe out. You could start by trying to breathe in for three seconds and breathing out for five seconds.

Keep breathing in and out in this way until your breathing feels under control.

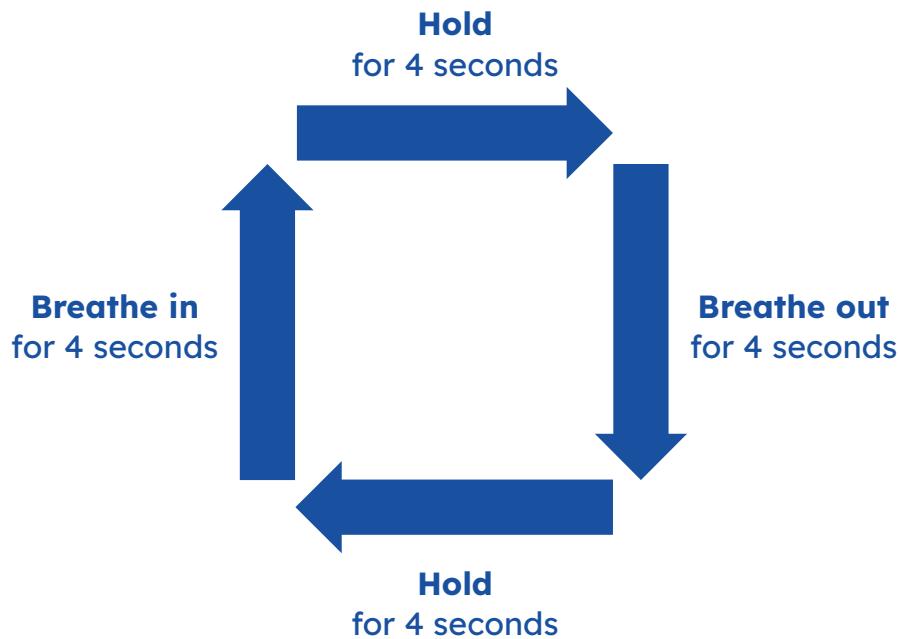
## Square breathing (also called box breathing)

Breathe in slowly for four seconds. Be aware of how the air fills your lungs and stomach.

Hold your breath for four seconds.

Exhale for four seconds.

Hold for four seconds.



If you find it more comfortable to breathe in for shorter or longer than four seconds, that's fine. The important thing is to make sure that it's the same. Ideally breathe in through your nose and out through your mouth, but do what feels most comfortable for you.

Keep doing this until your breathing feels under control.

## Relaxing

Finding ways to relax can help manage breathlessness and anxiety. Try to find time to relax every day. You might find it helps to do breathing exercises, listen to music or an audiobook, or spend time outside.

## Complementary therapies

Some people find that complementary therapies like acupuncture, reiki and massage make them feel more relaxed, and this can help with breathlessness.

Speak to your doctor or nurse before having complementary therapy. They can advise you on what is safe and suitable for you, depending on your health condition and treatment. It's important to tell the complementary therapist about your medical condition and any treatments that you've had or are having.

Some complementary therapies are free on the NHS, but they are not always available. Speak to your doctor or nurse about what's available in your area. Your local hospice or a local support group may also offer free or reduced cost therapies. You can also get complementary therapies privately. Private therapists can be expensive, so it's worth checking the cost first.

 For more information about complementary therapies visit [mariecurie.org.uk/complementarytherapies](https://mariecurie.org.uk/complementarytherapies)

# Medicines for breathlessness

There are two types of medicine for breathlessness:

- Medicines for the illness causing you to feel breathless.
- Medicines to reduce the feeling of breathlessness.

You can ask your doctor or nurse about medication.

## Medicines for the illness causing breathlessness

Depending on your illness or condition, your doctor may prescribe some of these medicines.

### Bronchodilators

These work by expanding the airways. They can be taken as inhalers, nebulisers and tablets. A nebuliser is a small device that turns medicine into a fine spray so you can breathe it in. You breathe in the medicine through a face mask connected to the machine by a tube.

Some bronchodilators work slowly but over a long time (long-acting). Some work quickly but for a short time (short-acting). A commonly used short-acting bronchodilator is salbutamol. This comes in a blue inhaler and is sometimes called a 'reliever'. You can take it when you feel breathless and it starts to work quickly.

### Saline (sterile salt water)

You can use a nebuliser to breathe in saline. It can help breathlessness by loosening any sticky mucus (phlegm) so that it's easier to cough up.

**“When dad started experiencing breathlessness, he was embarrassed at the thought of having oxygen. However, he found it had a significant impact on being able to do even basic things like walk to the kitchen to make a cup of tea.”**

Liz whose dad had breathlessness from vasculitis

## **Steroids**

Steroids, for example dexamethasone or prednisolone, reduce swelling (inflammation) in the airways to help let more air in. They can be taken as tablets or inhalers.

## **Diuretics (water medicines)**

Diuretics are medicines to help remove excess water and can help if your breathlessness is caused by a build-up of fluid. They can be helpful for people with heart disease or lung disease, where it's affected how well the heart pumps. The excess water passes out in your pee.

## **Oxygen therapy**

Oxygen therapy can help with breathlessness if you have an illness that causes low levels of oxygen in the blood. It does not help everyone experiencing breathlessness. If oxygen therapy might help you, your doctor will discuss it with you.

You can have oxygen (if appropriate) at home with an oxygen concentrator. It's a small machine which takes room air and filters it. This puts more oxygen into the air you breathe. It can be fixed in one room or you can carry it with you at home and outside.

## Medicines for breathlessness

Concentrators are not safe if anyone in your house smokes as it can increase the risk of fires. Your home will need to be checked to make sure it's safe.

You can also have oxygen in cylinders. These are metal containers of oxygen at high pressure.

## Medicines that help reduce the feeling of breathlessness

You might be prescribed these medicines to reduce the feeling of breathlessness.

### Opioids

Opioids are known as painkillers, but they can also help reduce the feeling of breathlessness. You may be prescribed a morphine-like pain killer (opioid) to help with breathlessness, even if you do not have pain. They can be taken as a liquid, tablets or as an injection under the skin.

### Medicines for anxiety

Medicines that help anxiety, like lorazepam, may help if your breathlessness is making you feel panicky. If you're feeling anxious most of the time, medications which can help with anxiety and depression, such as mirtazapine, may be helpful.

**“There’s a whole toolkit of ways to manage breathlessness. Medicines can be some of your tools. It’s all about finding what works best for you.”**

Ann, Physiotherapist

# Professionals who can support you

There are a range of professionals who can support you if you're experiencing breathlessness.

## Your GP or hospital doctor

Your GP or hospital doctor can find out what's causing the breathlessness, recommend ways to manage it, and prescribe medicines. They can also refer you to other professionals.

## Physiotherapists

Physiotherapists can teach you breathing techniques. They can show you ways to exercise safely, so you can do more activities. They can help you plan activities to save energy and can help you to manage fatigue also.

## Occupational therapists

Occupational therapists (OTs) can help you plan so you can do the things that are most important to you. They can recommend techniques, equipment or changes to your home like handrails that make it easier for you to carry on with daily life.

## Staff and services at a hospice

If you live at home, you may be able to have treatment and support in the day therapy unit at a hospice. You can ask your doctor about this. They may have sessions, including group sessions, where healthcare professionals can help with symptoms like fatigue, breathlessness and anxiety. Art therapy can be helpful if breathlessness makes it harder to talk.

Some hospices have inpatient units or wards where you can be admitted to help manage more complex symptoms.

### **Clinical nurse specialists (CNS)**

Clinical nurse specialists (CNS) have expertise in a particular condition that may cause breathlessness, such as COPD or lung cancer. They can give advice on managing breathlessness, medication, and give you information about support in your area.

### **Palliative care nurses**

Palliative care nurses are part of a hospice or hospital team. They may also be called clinical nurse specialists (CNS) and are experts in managing symptoms and supporting people with a terminal illness. They work in hospices and hospitals but can also visit you at home.

### **Social workers**

Social workers can help with benefits and getting carers if you're entitled to support at home. They may also be able to arrange respite care for someone helping to care for you.

## Other professionals

Other professionals that may help include:

- counsellors
- psychologists
- music and art therapists
- complementary therapists
- spiritual advisors
- pharmacists.

You may be able to access their services through a hospice. Or you can ask your doctor about what services are available in your area.



Philip Hardman/Marie Curie

# Supporting someone with breathlessness

There are lots of ways that you can support someone experiencing breathlessness. It can help to understand that your relationship with them might change as you need to take on more tasks.

- Find out what's most important for them to do themselves.
- Support them to do these activities at their own pace.
- Be prepared that you may need to take on more tasks such as cooking and cleaning.
- If you need extra help, you can speak to your doctor or a social worker, if you have one. A clinical nurse specialist in palliative care may also be able to help with the forms you need to claim for these costs.
- Support the person with breathing exercises and relaxation techniques.
- Find out if they would like you to come with them to appointments or sessions about managing breathlessness so you can help them with techniques.
- Open windows or use a fan to keep rooms well ventilated.
- Let the person you're supporting know that they can talk to you about their worries.

Supporting someone with breathlessness can be rewarding but also challenging. If you need more support, speak to your GP. They can support you with your own health, refer you to a social worker or recommend support groups in your local area.

## Breathlessness towards the end of life

Breathlessness can affect people at any stage of their illness. Sometimes someone's breathlessness can get worse as their illness progresses and they near the end of their life.

People can still use techniques that they've found helpful, such as controlled breathing and using a fan, if it's comfortable.

Someone's breathlessness may improve for a while as they're less able to do as much and have to rest more. There are also medicines that can keep someone comfortable even as they become more breathless. A doctor or nurse can help with medicines if their breathing is becoming more difficult.

Some people experience other changes in breathing towards the end of life, including noisy breathing, shallow breathing or irregular breathing. This is not usually distressing for the person, but there may be things a doctor or nurse can do to help.



For more information about these changes, visit [mariecurie.org.uk/what-to-expect](https://mariecurie.org.uk/what-to-expect) or contact the free Support Line on 0800 090 2309\*.

# Breathlessness diary and action plan

Keeping a diary of when you feel breathless can help you see if it's worse at certain times, or after particular activities. You can then plan to avoid things that will make you feel breathless.

Every day, write down what you do and how breathless these activities make you feel. Include resting as an activity.

You can rate how breathless you're feeling on a scale of 0-10. 0 is not breathless at all and 10 is the most breathless you can imagine.

Date: _____	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early morning							
Late morning							
Early afternoon							
Late afternoon							
Early evening							
Late evening							
Overnight							

Write down the activities you do throughout the day.  
Include resting as an activity.

Date:	Activities
Monday	Example: <i>Had a shower</i>
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Looking at these together can help you see when you are most breathless. You might find it useful to share it with your doctor or nurse. It can also help to show it to anyone else supporting you, like family or friends.

## Weekly planner

Write down the things you need to do this week:

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Write down the things you want to do this week. Include activities you find enjoyable and relaxing:

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Ask yourself four things about any activity you are going to do:

- Do I want to do it?
- Do I need to do it?
- Is there an easier way to do it?
- Am I happy for someone else to do it for me?

## Managing breathlessness

Look at your breathlessness diary to see when you might be likely to feel breathless. Try and plan your activities so that they're spaced out throughout the week. It might be helpful to plan a rest after any activities that make you feel very breathless or tired.

Day and date	Morning	Afternoon	Evening
Monday _____	Example: <i>Rest</i>	<i>Pick up K from school</i>	<i>Watch a film</i>
Tuesday _____			
Wednesday _____			
Thursday _____			
Friday _____			
Saturday _____			
Sunday _____			

You might find it helpful to share your weekly planner with your friends and family, so they can support you with your activities.

## Breathlessness action plan

Write down techniques and medicines that you've tried when you feel breathless – for example, using a fan. Which ones worked well, and which ones did not?

Think about the techniques and medicines that work well for you. Write down what you will do next time you feel breathless.

This is your breathlessness action plan. You may find it helpful to discuss this with your doctor, nurse or physiotherapist.

# How Marie Curie can help

Marie Curie is here for anyone with an illness they're likely to die from, and those close to them. Whatever the illness, wherever you are, we're with you to the end.

## Marie Curie Support Line

**0800 090 2309\***

[support@mariecurie.org.uk](mailto:support@mariecurie.org.uk)

Our free Support Line is for anyone with an illness they're likely to die from and those close to them. Our team, including nurses and specialist Energy Support Officers, offers practical and emotional support on everything from symptom management and day-to-day care to financial information and bereavement support. Our Support Line is available in over 200 languages, or via webchat at [mariecurie.org.uk/support-line](https://mariecurie.org.uk/support-line)

## Marie Curie Companions

Companion volunteers focus on what's important to you and those close to you. It might be accompanying you to appointments, being there to listen to how you're feeling without judgment, or stepping in so family or carers can take a break. Companions provide the emotional and practical support you want - at home, in hospital or over the phone.

[mariecurie.org.uk/companions](https://mariecurie.org.uk/companions)

## Marie Curie Telephone Bereavement Service

Get ongoing bereavement support over the phone from the same volunteer. You can access up to six sessions of 45 minutes. We can help if your bereavement was expected, happened recently or was some time ago.

[mariecurie.org.uk/bereavement](https://mariecurie.org.uk/bereavement)

\* Your call may be recorded for training and monitoring purposes.

## Marie Curie Online Community

Our Online Community is a space for you to share thoughts, feelings and experiences. It's moderated by the Marie Curie Support Line team, who can also help answer your questions.

[community.mariecurie.org.uk](http://community.mariecurie.org.uk)

## Marie Curie Hospice care where it's needed

### Our hospices

Our hospices help people with any illness they're likely to die from, and the people close to them, receive the support they need. From medical and physical support to psychological and emotional care, whatever your illness, at whatever stage of the journey, we help you to live the best life possible, right to the end.

[mariecurie.org.uk/hospices](http://mariecurie.org.uk/hospices)

### Hospice care at home

Our nurses, healthcare assistants and other healthcare professionals bring the clinical, practical and emotional help you need to you, in the comfort of your own home. And we offer support to the people close to you too – from reassurance and practical information to letting them take a break.

[mariecurie.org.uk/nurses](http://mariecurie.org.uk/nurses)

### Looking for more information?

If you found this booklet useful, we have free information online at [mariecurie.org.uk/support](http://mariecurie.org.uk/support) or to order at [mariecurie.org.uk/publications](http://mariecurie.org.uk/publications)

# Useful organisations

## Action for Pulmonary Fibrosis

**01223 785725**

[actionpf.org](http://actionpf.org)

Support for people affected by pulmonary fibrosis.

## Anxiety UK

**03444 775774**

[anxietyuk.org.uk](http://anxietyuk.org.uk)

Information and support for people experiencing anxiety and anxiety disorders.

## Asthma and Lung UK

**0300 222 5800**

[asthmaandlung.org.uk](http://asthmaandlung.org.uk)

Support for people with lung conditions and asthma.

## British Association for Counselling and Psychotherapy

**01455 883300**

[bacp.co.uk](http://bacp.co.uk)

Find detailed information about different types of therapy and counselling. You can also search for a therapist near you.

## British Heart Foundation

**0808 802 1234**

[bhf.org.uk](http://bhf.org.uk)

Information and support about heart health and managing a heart condition.

## Useful organisations

### **Macmillan Cancer Support**

**0808 808 00 00**

**macmillan.org.uk**

Information and support for people living with cancer in the UK.

### **MIND**

**0300 102 1234**

**mind.org.uk**

Support for people with a mental health problem.

# About this information

This booklet was produced by Marie Curie's Information and Support team. It has been developed with people affected by terminal illness, and health and social care professionals.

If you'd like the list of sources used to create this information, please email [review@mariecurie.org.uk](mailto:review@mariecurie.org.uk) or call the free Marie Curie Support Line on **0800 090 2309\***.

## Notice

The information in this publication is provided for the benefit and personal use of people with a terminal illness, their families and carers.

This information is provided as general guidance for information purposes only. It should not be considered as medical or clinical advice, or used as a substitute for personalised or specific advice from a qualified medical practitioner. In respect of legal, financial or other matters covered by this information, you should also consider seeking specific professional advice about your personal circumstances.

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## Did you find this information useful?

If you have feedback about this booklet, please email us at [review@mariecurie.org.uk](mailto:review@mariecurie.org.uk) or call the free Marie Curie Support Line on **0800 090 2309\***.

## Your notes

# Your notes



# Marie Curie

Marie Curie is the UK's leading end of life charity. Whatever the illness, wherever you are, we're with you to the end.



**0800 090 2309\***

Marie Curie provides free support over the phone in over 200 languages, and via webchat, to anyone with an illness they're likely to die from and those close to them. Our team, including nurses and specialist Energy Support Officers, offers practical and emotional support on everything from symptom management and day-to-day care to financial information and bereavement support. Visit [mariecurie.org.uk/support](https://mariecurie.org.uk/support)

We also have an Online Community where you can share thoughts, feelings and experiences at [community.mariecurie.org.uk](https://community.mariecurie.org.uk)

## We can't do it without you

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\* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

