Advice for someone newly diagnosed with blood cancer



Receiving a blood cancer diagnosis can have a big impact on your emotions, and there can be a lot of information to take in. It is important to remember you are not alone and that many other people have gone through similar experiences.

Below, people living with blood cancer share their advice for those recently diagnosed.

Key insights

"Charities can be a huge source of information and support. Get in contact with them if you need help."

"If you're working, ask your employer for support. They may be able to make adjustments that help you to feel more comfortable and confident."

"Having loved ones by your side to comfort you can help you through the tough times."

"Take a sound, calm person with you to your initial appointments to listen, absorb information and help ask questions."

"Don't Google your symptoms. The rabbit hole of worst-case scenarios and misinformation is a dark one."

Share this information guide to help others who have recently received a blood cancer diagnosis.

Watch the campaign videos and learn more at J&J withMe UK.

Note: All information is for guidance and does not replace medical advice.

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