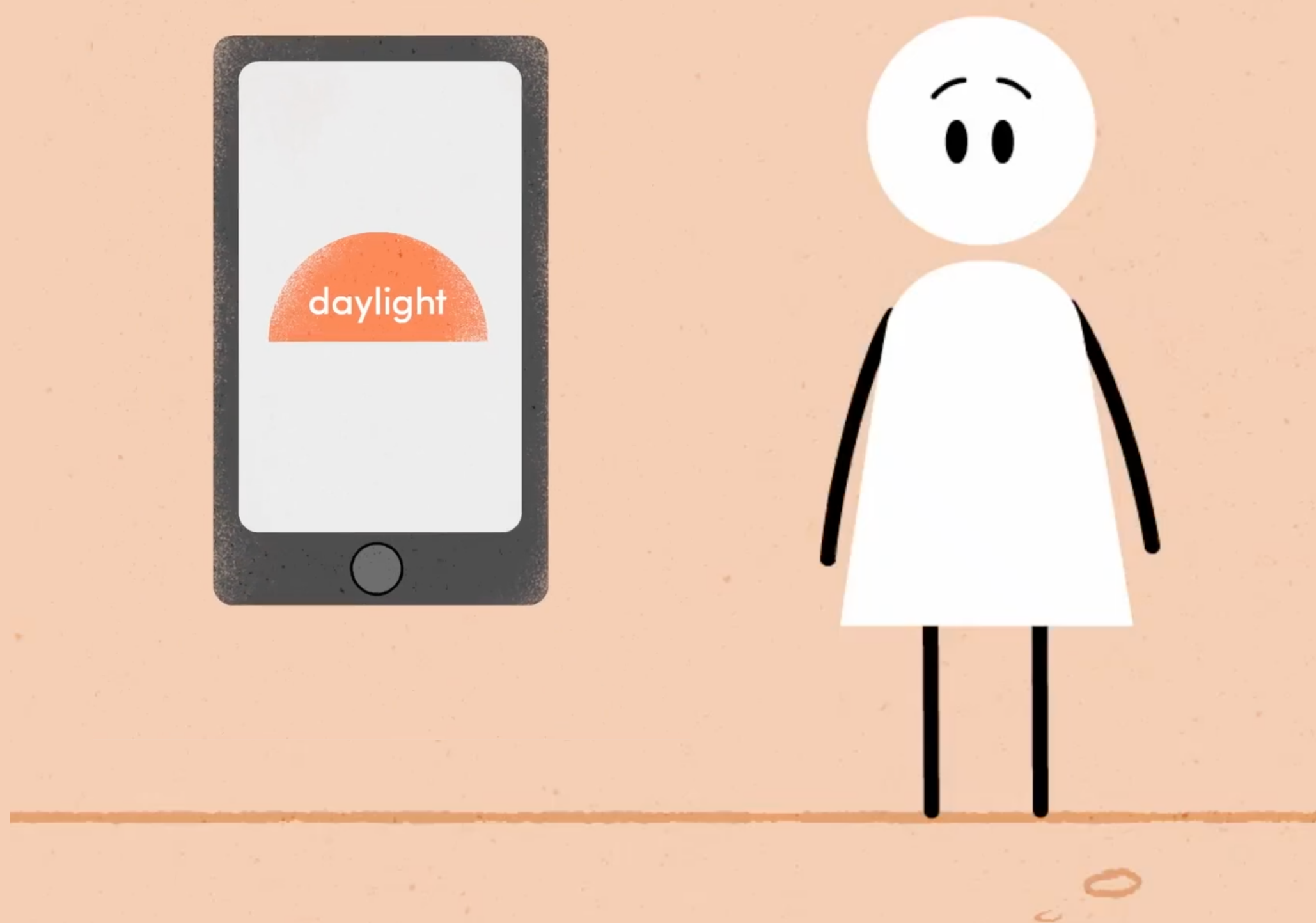


Did you know anyone living with cancer
in the UK can get

Free Access to Daylight

for management of anxiety and worry?



Start today, visit:

trydaylight.com/macmillan

MACMILLAN
CANCER SUPPORT

In partnership with:
Big Health

Don't let cancer stop you sleeping

Hearing the words “you have cancer” affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, a sleep improvement programme to help you overcome sleepless nights brought on by increased worry.

Get started instantly:

sleepio.com/macmillan

MACMILLAN
CANCER SUPPORT

In partnership with:
Big Health

Did you know that anyone living with cancer in the UK can access digital mental health treatments for free?

Big Health and Macmillan Cancer Support are working together to provide cancer patients with instant access to free mental health support.

Discover Sleepio® (for insomnia) & Daylight® (for anxiety)...

Get Started Today:

bighealth.co.uk/macmillan



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