

## Don't Face DCM Alone. We're Here for You.

Living with Degenerative Cervical Myelopathy (DCM) can feel overwhelming, but you don't have to go through it alone. Whether you have DCM or are caring for someone who does, the Myelopathy.org Helpline offers free and confidential support whenever you need it.

Our trained volunteers are here to listen, support, and guide you every step of the way.

How We Can Help:

- **A Friendly Ear:** Speak to someone who understands what you're going through.
- **Helpful Information:** Learn about DCM symptoms, treatments, and what to expect.
- **Practical Support:** Get advice on mental health services, finances, and more.
- **Support for Carers:** We've got advice to help you care for a loved one with DCM.

### Get in Touch and Follow Us for Updates:

 [helpline@myelopathy.org](mailto:helpline@myelopathy.org)

 [www.myelopathy.org](http://www.myelopathy.org)

 [@Myelopathy.org](https://www.facebook.com/Myelopathy.org)

 [@Myelopathy\\_org](https://www.instagram.com/Myelopathy_org)

 [@Myelopathy\\_org](https://twitter.com/Myelopathy_org)



### Got Questions? We've Got Answers!

**Who can call?**

Anyone affected by DCM—patients, carers, family, and friends.

**Is it confidential?**

Absolutely. Your privacy is our priority.

**Is it really free?**

Yes! We're here to help, no strings attached.

**Need help outside of hours?**

Our website has loads of resources and links to 24/7 support.



**0300 102 0079 | Monday to Friday 12:00PM – 1:45PM**

**Starts 24 February 2025. Let's take it one step at a time.**