# Online Facebook communities

If you've been affected by leukaemias, MPNs or MDS, you don't have to go through it alone. Our free online Facebook communities bring people together to share experiences, ask questions, and support each other day and night.

## About our online communities

We host private Facebook groups where you can connect with people who understand. These groups are a safe space to:

- Talk openly about your experiences.
- Share tips and ideas.
- Ask questions to others who have "been there."
- Support each other at any time of the day.

## What our online communities offer

- Free, private Facebook groups.
- A mix of general groups and diagnosis-specific groups.
- Peer-to-peer support from people who understand.
- Moderation by Leukaemia Care staff and trained volunteers to help keep groups safe and supportive.
- Signposting to support from Leukaemia Care and other organisations

## What our online communities don't offer

- Professional medical advice.


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- Counselling (see our Counselling Service).
- Emergency support – if you need urgent help, contact your medical team or call 999.

## How to join

1. Choose the group that feels right for you (see the list below).
2. Click to request to join on Facebook.
3. Answer the joining questions so we can keep groups safe.
4. Start connecting with others in a supportive community.

## Our Facebook groups

Below you will find a brief description of our groups, as well as an external link to Facebook so you can join.

**Leukaemia Care Online Support group**

Open to anybody affected by a blood cancer diagnosis. Click here to join this group.

**Leukaemia Care - CLL group**

The group for anybody affected by chronic lymphocytic leukaemia (CLL.). Click here to join this group.

**Leukaemia Care - AML group**

The group for anybody affected by acute myeloid leukaemia (AML). Click here to join this group.

**Leukaemia Care - APL group**

The group for anybody affected by acute promyelocytic leukaemia (APL or APML). Click here to join this group.

**Leukaemia Care - Bereavement and Loss Support Group**

The group for anybody who has lost a loved one to leukaemia. Click here to join this group.


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