

# Contact CIS

You can reach CIS information specialists in English or Spanish from 9:00 a.m. to 9:00 p.m. ET Monday through Friday by:

Phone	<b>1-800-4-CANCER</b> (1-800-422-6237)
LiveHelp Online Chat	<b><a href="https://cancer.gov/contact">cancer.gov/contact</a></b>
Email	<b><a href="mailto:NCInfo@nih.gov">NCInfo@nih.gov</a></b>
Social Media	<b><a href="https://cancer.gov/social-media">cancer.gov/social-media</a></b>



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