



# Heart Helpline

It's natural to have questions about your condition. From treatments, medications and tests to healthy eating and physical activity, the list can feel overwhelming.

Our specialist cardiac nurses are here to answer all your heart health questions, big or small.

Whether you need answers for you or a loved one, you can contact our free Heart Helpline, Monday to Friday between 9am and 5pm (excluding bank holidays).

Find out more at [bhf.org.uk/helpline](https://www.bhf.org.uk/helpline)

**Phone** 

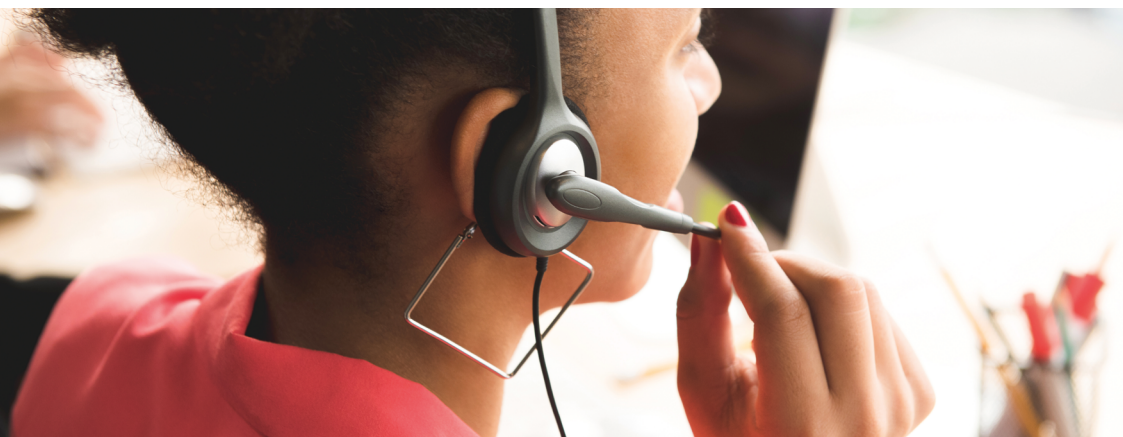
Call us on  
0808 802 1234

**Email** 

Email your questions  
to [hearthelpline@  
bhf.org.uk](mailto:hearthelpline@bhf.org.uk)

**Chat** 

Chat with us online  
via our website at  
[bhf.org.uk/helpline](https://www.bhf.org.uk/helpline)



# For all your heart health questions. Big or small.

A guide to free BHF Information & Support Services



[www.bhf.org.uk/questions](https://www.bhf.org.uk/questions)



# Heart health information

Whether you've been diagnosed with a condition like heart failure, are interested in the latest treatments or just want to reduce your risk of heart disease, you'll find answers to all your questions on our website.

You'll also find videos, podcasts, recipes and a wide range of booklets to order or download.

And for a regular dose of helpful information, tips and stories, sign up to our free Heart Matters email newsletter or magazine.

Find out more at [bhf.org.uk/questions](https://bhf.org.uk/questions)



# Support groups and online communities

Who better to understand what you're going through than someone who's been there? Our online and local support groups provide spaces where patients and carers can share knowledge, experiences and practical help with each other.

Find out more at [bhf.org.uk/support](https://bhf.org.uk/support)

