



Support after a heart attack



About us



We are British Heart Foundation.



We work with doctors and scientists to find treatments for heart problems.



We want to learn how to treat heart problems and stop them from happening.

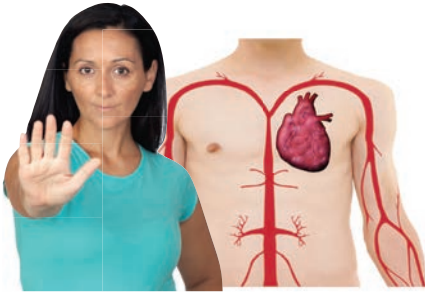


We have lots of information and support to help keep your heart healthy.



This booklet tells you where you can get support after a heart attack.

When you have had a heart attack



A **heart attack** stops your heart from pumping blood around your body.

It is a very serious emergency.



Having a heart attack can be very scary.



After a heart attack you might feel worried or sad. You might also have lots of questions and feel confused.



This is ok. Lots of people say they feel like this.

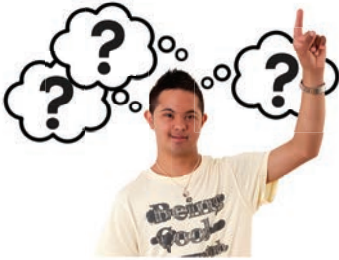


It is important to remember you are not alone. There is lots of support you can get to help you.

Talking to healthcare staff



After a heart attack, you will get lots of information. Things like taking medicines and living a healthy life.



You might have lots of questions.



If you do have questions it is best to speak to your doctor.



They will help you to understand your treatment and how you can stay healthy.



Lots of people told us they forget to ask questions in their appointments.

Or when they get there, they forget what questions they had.

Here are some things that might help you at your next appointment:



- Write a list of any questions or worries you have and take it with you.



- Take someone with you to your appointment. This might be a friend or a family member.
They can give you support and write down what the doctor says.



- Ask the doctor or nurse to write down what you need to do with your medicines. Things like when you should take it.



- Ask where you can get more information or support.

Doing a course about looking after your heart



After a heart attack it is a really good idea to do a course called **cardiac rehab**.



You do the course with other people who have had a heart attack.



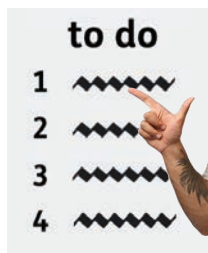
The course helps you to look after your heart. It gives you information about things like:



● Healthy things to eat and drink.



● Stopping smoking.



- Looking at things you want to be able to do.



- Heart attacks and how to spot the signs of a heart attack.



Ask your doctor or nurse if you would like to do a cardiac rehab course.

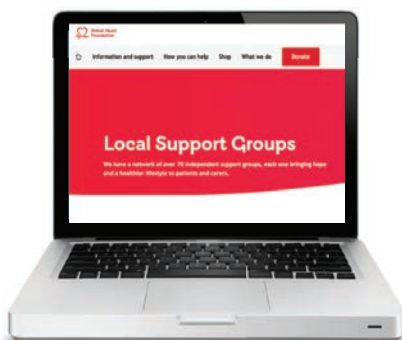
Groups for people who have had a heart attack



Support groups can be useful for people who have heart problems. This is where people can talk about having a heart attack, ask questions and make friends.



There are lots of support groups around the country where you can meet people face to face.



Look on our website to find out if there is a group near you:
bhf.org.uk/supportgroups



Listen to a podcast

A **podcast** is a radio show you listen to on a phone or computer.



At the British Heart Foundation, we have a podcast about heart problems.



People on our podcast share their stories of having a heart attack.



We also talk to famous people and people who know a lot about heart problems.



You can find our podcast online on our website:
bhf.org.uk/podcasts

For more information



You can find lots of useful support and information online on our website:
bhf.org.uk/information-support

Heart Helpline



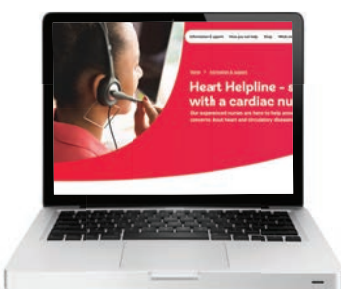
If you have any questions about heart attacks you can contact us. You can speak to 1 of our nurses on our Heart Helpline.

You can contact our Heart Helpline by:



Phone:
0808 802 1234

It is free to call this number.



Online:
bhf.org.uk/heart-helpline



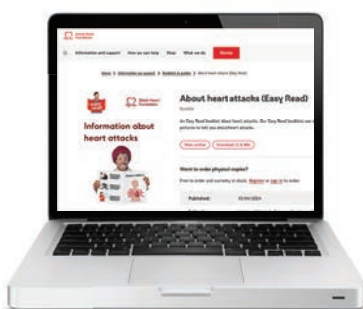
The Heart Helpline is open Monday to Friday, 9am to 5pm.



It is closed on bank holidays.



We have more easy read booklets with information about heart attacks and keeping your heart healthy.

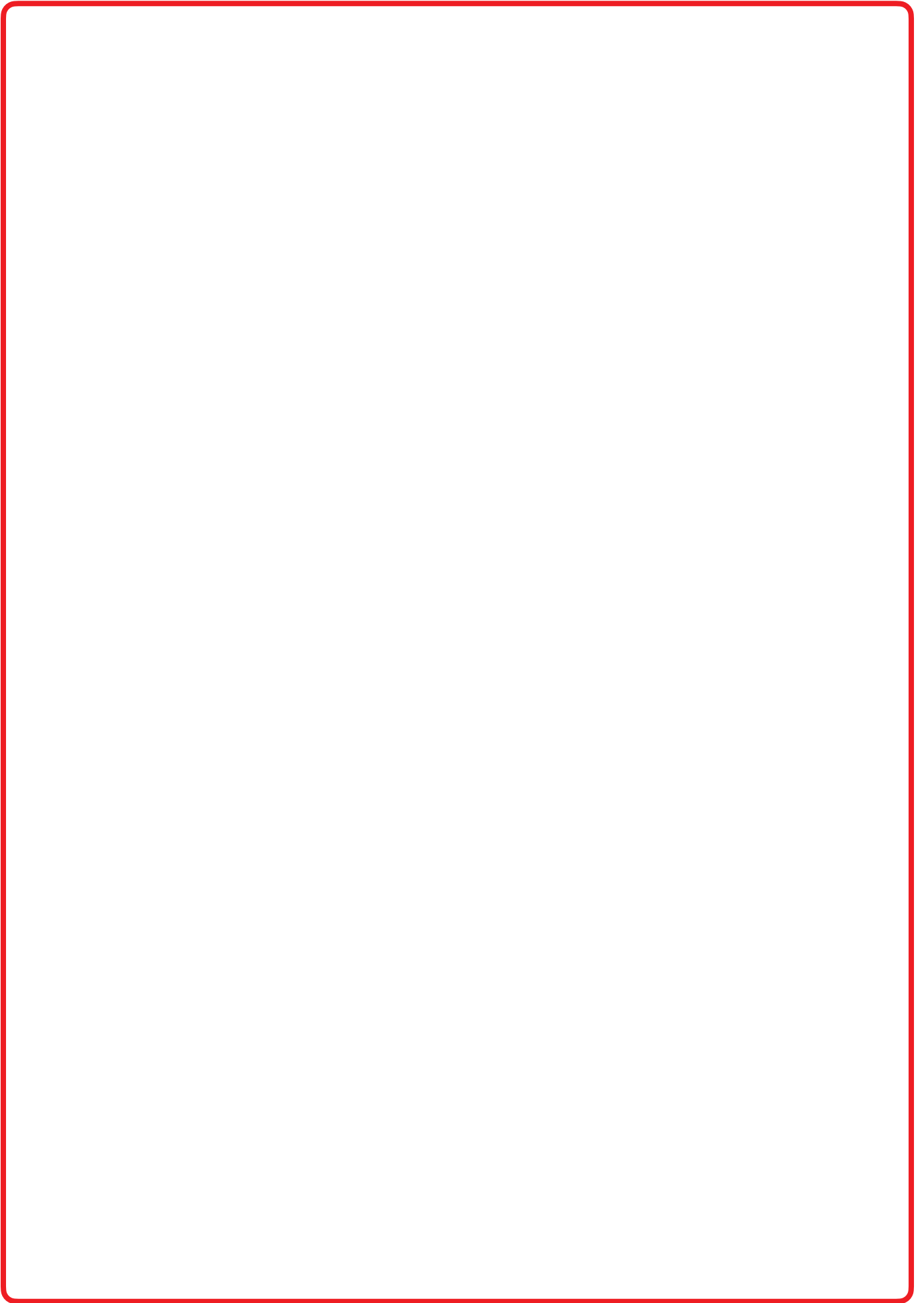


You can find the booklets online at:
bhf.org.uk/easy-read



Questions you might have

Use these pages to write down any questions you have for your nurse, doctor or our helpline:





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with British Heart Foundation