

Supporting your heart journey



Heart Line

The Heart Line can help you navigate living well after a heart event. Available Monday to Friday 9am to 4.30pm.

☎ 0800 863 375 | ✉ hearthealthinfo@heartfoundation.org.nz



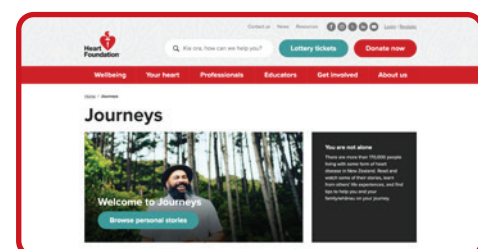
Resources

Free resources to help manage your heart health, from booklets on heart conditions to guides on heart-healthy eating.



Personal stories

Read and watch personal stories from people in New Zealand who've experienced heart events or have heart conditions.



Heart Help e-newsletter

Get monthly newsletters with information for people with heart conditions, personal stories, and heart-healthy recipes.



Webinars

Heart Help Live is an online series that connects you with heart health experts on a range of topics.



To find out more scan here



hearthelp.org.nz

To access more information, open your phone camera, point it at the QR code, and tap the link that appears.



Group support

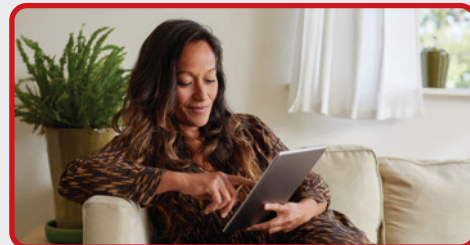
Directory of heart support groups

We host a directory of face-to-face community support groups and online groups which are run by local volunteers across the country.



Heart Foundation NZ Support Group on Facebook

Join and connect with others across New Zealand. This group is for anyone over age 18 with a heart condition or who has had a heart event or heart surgery.



Guide to setting up a heart health support group

No suitable local support group and you're interested in starting one? Call the Heart Line to receive a guide to setting up a group.



To access group support scan here
heartfoundation.org.nz/heart-support-groups

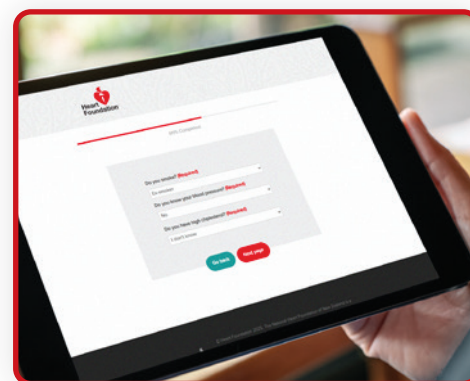


Help us raise awareness

My Heart Check

Encourage your whānau and friends to use our free online My Heart Check. It estimates their risk of a heart attack or stroke in the next five years. Please note this isn't suitable for people who've had a heart attack, stroke, or have an existing heart condition.

myheartcheck.org.nz



For more information visit heartfoundation.org.nz

Services offered as at August 2025.