

Chest  
Heart &  
Stroke  
Scotland



Help and advice for people  
living with chest, heart &  
stroke conditions



**CALL  
OUR  
NURSES**

**0808  
801  
0899**

For confidential help, support and medical advice, call  
the Chest Heart & Stroke Scotland Advice Line, or visit

**[www.chss.org.uk](http://www.chss.org.uk)**

Chest Heart & Stroke Scotland (CHSS) is a wholly Scottish charity  
Scottish Charity Number SC018761

**Helplines**  
**STANDARD**