

Don't dismiss the early signs of a heart attack

A squeezing across the chest.

A feeling of unease.

The early symptoms of a heart attack don't always feel severe.

But it's never too early to **call 999** and describe your symptoms.

If you are a BSL user, deaf, have hearing loss or a speech impairment you can text the emergency services on **999** but you need to register your phone in advance.

Find out more at **[emergencysms.net](https://www.emergencysms.net)**

**Help Us Help You –
Call 999**

Information from the NHS.



Help us
help you