Cardiac Risk in the Young

Support

Helping individuals & families

Emotional Support

CRY offers individual and group support for families and friends following a young sudden cardiac death.

> *"It helps to discover that your Bereavement Supporter did and does experience the same emotions, fears and challenges as you do. It makes you feel less 'alone' in the world"*
>
> - **Murdo Macleod** *bereaved dad who recieved telephone support through CRY*

Medical Support

CRY funds specialist centres for cardiac pathology and inherited cardiac conditions, helping families to:

- understand the cause of death
- identify and support other family members at risk

*my*heart support network

Offering information and support to young people diagnosed with a heart condition - **www.myheart.org.uk**

"The myheart network offers invaluable support and advice to young people who are faced with the tough and alarming hurdles of heart conditions"

- **Zenia Selby,** *22 myheart member*

01737 363222 **www.c-r-y.org.uk** **@CRY_UK**

CardiacRiskintheYoung **CRYVideos**

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