



Ventura County Cardiac Arrest Survivor Support Program



Cardiac arrest occurs without warning...

Cardiac arrest is frightening and disorienting, but there are many resources available for survivors and their families and friends.

While shock, anger, denial, and sadness are common reactions to this major medical crisis, help is available to you right now!

Family and friends who witnessed or responded to the survivor's event often experience mental and physical distress symptoms and may require assistance.

We are here to help survivors and families thrive through this traumatic and life-changing event.

Cardiac arrest occurs in people of all ages...

"I had never even heard of cardiac arrest until it happened to me! Meeting and talking with others who have lived through the same thing is inspiring. It has helped my family and me to move forward and to be encouraged that we can make it too."

—R.L., age 46

"I have learned how other survivors and their families have worked through similar experiences. Being involved in a support group has been an oasis of healing for my wife and me."

—D.M., age 52

"I so look forward to the Cardiac Arrest Survivor Support Group every month. I learn more about what happened to me and how to take care of myself, and I get to hang out with people who really understand what we've been through."

—C.W., age 12

"I am so thankful to have more time with my family to enjoy life. I have a second chance."

—F.G., age 75



Cardiac arrest survival is a process...

The challenges you may experience can be overcome with the help of some new resources.



Anxiety can be addressed from multiple angles, including a support group.



Memory lapses or short-term memory loss often follow a cardiac arrest and can last from days to weeks. Each survivor is different.



Hearing from and sharing with other survivors and families who can offer their experience, strength, and hope is healing...and it's free!



From electrophysiologists to meditation instructors, guest speakers share their expertise to help you navigate the challenges that follow cardiac arrest.



We invite you to reach out for guidance even if you or your loved one are still in inpatient care.

Support groups have been shown to help survivors and their families get through tough times, especially early after the event.

It helps to know you are not alone. Meeting others who have lived through a similar situation gives hope and much-needed encouragement. New challenges will arise. Having others to talk to about your experience is healing and inspiring.

You are **not** alone.
There is **hope**.
You **survived**, and
now you will **thrive!**

Contact Us

Contact us for resources in Ventura County and meeting details for the support group nearest to you.

Ventura County Cardiac Arrest Survivor Support Program Coordinator

Ventura County Emergency Medical Services



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