

PARTICIPANT RESOURCES

HOTLINES

- Crisis Lifeline: 988
- National Suicide Prevention Lifeline: 1-800-273-825

Informational Resources

- **Heartsight: Understanding cardiac arrest**, a lay-friendly, multi-lingual, online informational resource to orient and empower survivors and families by connecting them to trusted resources based on clinical research and the lived experiences of people who have been affected by this life-altering event. <https://ourheartsight.com>

Peer-to-peer support group for survivors and families

- With close to 6,000 members, this is the largest support group for anyone personally affected by cardiac arrest/ <https://www.facebook.com/groups/scasurvivors>
- Cardiac Arrest Survivor Alliance, a program of the Sudden Cardiac Arrest Foundation, fosters an online community for patients and families. <https://casahearts.org/>
- American Heart Association Support network: <https://supportnetwork.heart.org/s/>

Mental Health Resources

- **National Alliance on Mental Illness (NAMI)** - NAMI HelpLine provides detailed resources, support options, and information to help you identify possible options to meet your needs.
 - Call: 800-950-6264
 - Text: 62640
 - Webchat: nami.org/help
 - Link: <https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources>
- **CDC Resources for Stress and Coping** - Free and confidential resources to help you or a loved one connect with a skilled, trained mental health professional. <https://www.cdc.gov/mentalhealth/tools-resources/index.htm>
- **Mental Health America:** <https://arc.mhanational.org/general-resources>

Family and Community Support

- **Child Care Aware** - Child Care Resource & Referral agencies (CCR&Rs) help families find childcare and assist childcare providers with resources for their business. <https://www.childcareaware.org/resources/ccrr-search-form/>
- **Shopping Angels** - Not-for-profit organization providing free delivery services to our seniors, individuals with disabilities, and patients undergoing healthcare recovery. <https://shoppingangelsglobal.org/>
- **Little Brothers – Friends of the Elderly** - Non-profit organization that has been working to end loneliness and social isolation among older people in the United States. <https://littlebrothers.org/>
- **National Alliance for Caregiving** - Hub for federal and local information for both patients and caregivers. <https://www.caregiving.org>

Financial

HealthWell Foundation - Assistance with medical expenses. **Call:** (800) 675-8416

Link: <https://www.healthwellfoundation.org/patients/>