NEW ZEALAND
Resuscitation Council
WHAKAHAUORA AOTEAROA

Cardiac Arrest Survivor and Co-survivor Network



Over the years, through World Restart a Heart Day, we have had the privilege of meeting many incredible cardiac arrest survivors and their families and sharing their stories. This campaign has helped raise awareness of the importance of bystander CPR and has inspired countless people across Aotearoa.

As we have worked on these campaigns, one gap has become increasingly clear: the ongoing support available for cardiac arrest survivors and their families following their experience.

The New Zealand Resuscitation Council is exploring the creation of a cardiac arrest survivor and co-survivor network. The aim is to bring together people with lived experience to

connect, support one another, and collaborate to help shape resources that better meet the needs of survivors and their families.

We are looking for people who may be interested in:

- Connecting with other survivors and co-survivors.
- Sharing their experiences and insights.
- Helping identify the information and support that would have been valuable during recovery.
- Collaborating on future resources, information, and initiatives for survivors and families.

At this stage, we are simply seeking expressions of interest and would love to hear from you if you would like to be involved. There is no obligation, and participation can be as much or as little as suits you.

If you are interested, please complete this short form and please send it onwards to anyone else you think may be interested.

NZ Resuscitation Council Cardiac Arrest Group – Fill out form