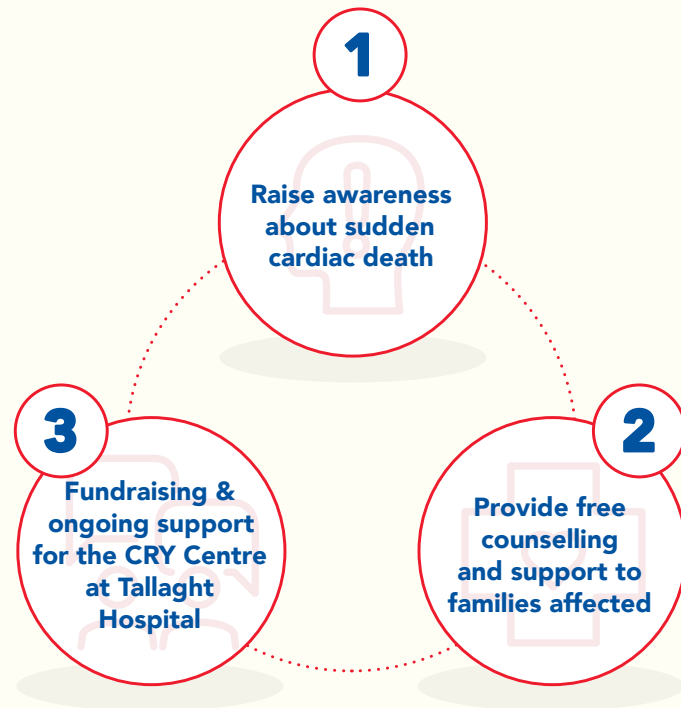


CRY is a registered Irish Charity, established in 2002 by parents and relatives who have experienced the effects of sudden and unexplained deaths within their families.

CRY's AIMS are to:



Sudden Cardiac Death Syndrome is an umbrella term used for the many different causes of cardiac arrest in young people.



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 CHY 14506



Family Support Programme

CRY Ireland is an autonomous charitable legal entity, entirely separate from Tallaght University Hospital

If it feels like you're struggling to keep your head above water, and that there is no one to confide in...



C R Y

Cardiac Risk in the Young
SO YOUNG. SO FIT. SO ACTIVE... **SO SUDDEN.**

Anyone who has experienced loss knows that grief comes in waves - one day seems a little better, and then suddenly you're knocked off your feet again. The range of emotions can be all consuming

- **ANGER** at the unfairness of what has happened
- **GUILT** that you should have done more
- **CONFUSION** over how those around you are (or aren't) expressing their feelings
- **DEVASTATION** at losing a loved one - or your dreams for the future
- **DEPRESSION** - feeling that things will never get better
- **FEAR** that it will happen to you, or another member of the family
- **SHOCK** at the diagnosis of a life-threatening condition



It can be an extremely painful and lonely place to be experiencing such feelings. It is helpful when you are dealing with such life changing and traumatic circumstances to talk things through with a professional counsellor.

Are you:

- Trying to come to terms with the Sudden Cardiac death of a loved one?
- Dealing with a recent diagnosis of a cardiac condition?
- A family member or close friend to one of the above?

If you answered "Yes" to any of these questions, you could greatly benefit from our **free** professional, counselling service.

If you would like to speak to someone, please get in touch with Lucia Ebbs:



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+ 353 (01) 414 2235

Email: familysupport@cry.ie

Website: www.cry.ie