

Two Hearts Are Stronger Than One.

Be A Heart Partner



Connected  By Hearts

Connected By Hearts provides education, support and networking to young survivors of sudden cardiac arrest and those living with heart conditions. It was founded in 2011 by a group of young people just like you who wanted to share their experiences with each other.

That's why we've created a special team of Heart Partners—youth who understand what it's like to navigate a heart experience and are willing to help support others dealing with theirs.

A Heart Partner is connected with a peer who may be struggling with their diagnosis or chronic heart condition and makes time to talk with them about how they're doing. These youth may have been forced to make lifestyle changes that have impacted their school experience, team activity or relationships. They may be sad, mad or scared about what happens next. Heart Partners are compassionate and encouraging. They are good listeners but are also willing to share their own story of survival.

It might be a one-time conversation, or it might be an ongoing dialogue. Maybe you'll text or call or message each other. You might connect at different events, like a heart screening or support group or conference. Whatever evolves, these youth will know that someone gets it.

Don't worry—you're not supposed to be a therapist or medical advisor or on call 24/7. You're simply someone who has walked in those shoes and is now willing to spend a little time walking with someone else on their journey.

If you're interested in becoming a Heart Partner in your community, please use the contact information below.



Parent Heart Watch.

THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST