The HEART WARRIOR Project

A PATIENT-LED COMMUNITY

YOU DON’T HAVE TO DO THIS ALONE

Life after cardiac arrest

Or knowing you’re at risk

Support, understanding and connection from fellow heart warrriors.

A patient-led community. A place to feel understood.

BEYOND THE HOSPITAL

You’re home. Now what?

Surviving a cardiac arrest, or learning you’re at risk of one, can leave you with questions, worries and a lot to take in. Leaving the hospital doesn’t mean those feelings disappear.

That’s why we’re here.

The Heart Warrior Project is a patient-led support platform for cardiac arrest survivors and people at increased risk. Here, fellow heart warriors help you find connection and support as you move forward.

Founded by Jellis Vaes

Sudden cardiac arrest survivor

SUPPORT THAT SUITS YOU

Find recognition. Find your community.

01 Meet online, twice a month

Join international virtual meetups to talk, share experiences and connect with people who understand.

02 Learn from experts

Listen to podcast conversations with cardiologists and other experts, alongside stories from fellow heart warriors.

03 Spend time together

Connect beyond the screen at barbecues, concerts, walks and trips. Meet heart warriors of different ages and backgrounds.

04 Connect with a buddy

Prefer one-to-one support? Ask about being matched with someone in a similar situation who is further along in their journey, to text or call.

YOU’RE WELCOME HERE

Want support? We’ve got you!

Meetups, stories and expert conversations.
Visit our website and discover what we can do for you.

Visit our website

heartwarriorproject.com
Scan the QR code to find out more.

INSTAGRAM / YOUTUBE

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