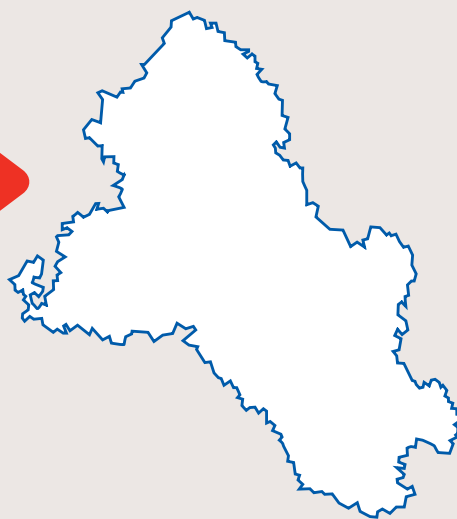


There are **8,000** heart patients and stroke survivors in **County Monaghan**.



Help us protect services that can give them a better life.

Every **seven minutes** in Ireland a heart or stroke patient is discharged from hospital and returns home to what is often a bleak and uncertain future.

In County Monaghan alone **an estimated 8,000 people** are affected by a cardiovascular condition.

Among stroke survivors there is a widespread sense of **abandonment** caused by a lack of community rehabilitation and support services.

The quality of life of many heart failure patients is being seriously undermined by a **revolving door syndrome** of repeated readmission to hospital.

And heart attack or cardiac arrest survivors, people with conditions such as cardiomyopathy, and families affected by sudden cardiac death routinely face the future without access to professional support.

In response, the Irish Heart Foundation has developed **a pathway of practical, social and emotional support services** that begins almost literally at the hospital gates and continues for as long as we're needed.

Around a third of all stroke survivors returning home from hospital are being referred to these services, which also support thousands of heart patients annually.

“

To be honest, I feel that a defibrillator physically saved my life but I know that the Irish Heart Foundation saved my life. This is a fact. I am so, so grateful to the Irish Heart Foundation for all the calls, supports and counselling services.

Heart Support Service Member

Patients describe our services as their lifeline.

They reduce the need for admission to hospitals and nursing homes. A heart disease diagnosis or stroke often leads to post traumatic stress disorder. But the counselling we provide is the only

psychological support available to many patients.

Our services are endorsed by the HSE. **But only a fraction of our work is State-funded. Unless this changes, we cannot guarantee continued delivery of our services.**

SCAN ME



We need politicians to help us protect our heart and stroke support services by signing the **POLITICAL PLEDGE** at irishheart.ie/advocacy or by scanning the QR code.

In Ireland...



Around
600,000

people are affected
by heart disease
and stroke



Every
7 minutes
a heart or
stroke patient
is discharged
from hospital



Every
50 minutes
someone is
diagnosed with
heart failure



Every
90 minutes
someone
has a
stroke



Every
90 minutes
someone
has a
heart attack

In County Monaghan...



There are
8,000
people affected
by heart disease
and stroke.



Our services in **County Monaghan** include:

- Nurse-led need assessments
- Support calls from trained professionals
- Emotional & Psychological Supports
- Cognitive therapy
- Communication support
- Peer to peer programmes
- Social re-integration
- Nurse support helpline
- Family & carer supports
- Information, support and resources

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SCAN ME



For further information please contact:

 advocacy@irishheart.ie
 **01 668 5001**



**Irish Heart
Foundation**

The National Stroke & Heart Charity