

## **The Weakest Link: Recovery after cardiac arrest social media copy**

Thank you for helping spread awareness of this important issue. Below you will find three variations of short and long copy to use on social media.

Please remember to tag us!

- LinkedIn: Resuscitation Council UK
- Facebook: Resuscitation Council UK
- Instagram: @resuscounciluk
- X: @resuscounciluk
- TikTok: @resuscounciluk
- Bluesky: @resus.org.uk

### **Option 1**

Surviving a cardiac arrest is only the first step. Too many survivors and key supporters face long-term physical, psychological and social challenges, and the support they receive depends on where they live.

Resuscitation Council UK's report 'The Weakest Link: Recovery after cardiac arrest' sets out why we need a consistent, survivor-centred recovery pathway across the UK.

Embedding RCUK's Survivor Quality Standard in national and devolved strategies would mean fairer outcomes and stronger systems for everyone.

Read the report now: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)

#### **Shorter version for X/Bluesky:**

Surviving a cardiac arrest is only the first step.

Too many survivors and their supporters face long-term challenges without adequate follow-up care.

@resuscounciluk's new report is calling for a consistent, survivor-centred recovery pathway for everyone in the UK: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)

### **Option 2**

Cardiac arrest survivors deserve the same chance at recovery wherever they live. Right now, access to rehabilitation, psychological support and follow-up care is uneven and often inadequate.

Resuscitation Council UK's report 'The Weakest Link: Recovery after cardiac arrest' highlights what needs to change, including a formal, accountable recovery pathway and the adoption of the Survivor Quality Standard.

This is a clear opportunity to reduce inequalities and improve long-term outcomes.

Read the report now: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)

**Shorter version for X/Bluesky:**

Cardiac arrest survivors deserve the same chance at recovery wherever they live. But right now, access to support and follow-up care is not equal across the UK.

Reducing inequality is possible, and @resuscounciluk's new report sets out how we can make it happen: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)

**Option 3**

Cardiac arrest survivors and their supporters consistently say that recovery is too often fragmented, confusing and unsupported.

Resuscitation Council UK's report 'The Weakest Link: Recovery after cardiac arrest' makes the case for a survivor-centred care pathway, shaped by lived experience and embedded in national and devolved cardiac arrest strategies.

Every survivor deserves the physical, psychological and social support they need to rebuild their lives.

Read the report now: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)

**Shorter version for X/Bluesky:**

Cardiac arrest survivors and those who support them say recovery is too often fragmented and unsupported.

@resuscounciluk's new report is making the case for a survivor-centred care pathway, shaped by lived experience and embedded in national and devolved strategies: [www.resus.org.uk/the-weakest-link](http://www.resus.org.uk/the-weakest-link)