

## Rules of the CRY myheart Facebook group

- This group is exclusively for myheart members who have suddenly been diagnosed with a cardiac condition or have suffered a cardiac arrest.
- Members must be aged 18 and over.
- Please respect everyone's input and the confidentiality of the group, and be sensitive to the personal nature of the messages shared.
- Please respect everyone's views and opinions (e.g. religious and other personal beliefs).
- The groups should not be used as a place to advertise or research.
- Be safe-if you arrange to meet anyone you connect with online, meet in a public place (for example at the CRY Bridges Walk) and make sure someone knows where you are.
- Whilst others may share their experiences, if you have any concerns regarding your own condition, please speak to your cardiologist about it.
- The group is not moderated or recorded by CRY. Please contact CRY directly on 01737 363222 or at [myheart@c-r-y.org.uk](mailto:myheart@c-r-y.org.uk) if there is anything posted which you feel is offensive, breaks these guidelines or that CRY ought to know about, and we will investigate. If you would like to post a question anonymously, please send this to [myheart@c-r-y.org.uk](mailto:myheart@c-r-y.org.uk) and we will post on your behalf.