

# Have you given someone CPR or witnessed someone receiving CPR?



You may be dealing with shock and struggling to process what has happened. But you don't have to go through this alone. **We're here for you.**

Call **Chest Heart & Stroke Scotland's** Advice Line **for free.**

# 0808 801 0899

Email [adviceline@chss.org.uk](mailto:adviceline@chss.org.uk)  
[www.chss.org.uk/provided-cpr](http://www.chss.org.uk/provided-cpr)

**NO LIFE  
HALF LIVED**



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)



Scottish  
Ambulance  
Service

University National NHS Board

**SAVE A LIFE**  
FOR SCOTLAND