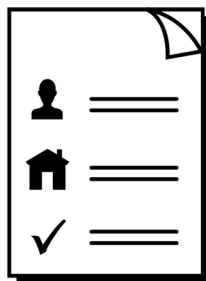




Mental health challenges for young people with childhood onset heart disease



Easy Read

About this fact sheet



This fact sheet is from HeartKids.

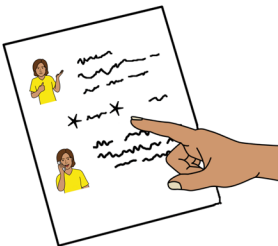


This fact sheet is written in a way that is easy to understand.



You can read more information about HeartKids on our website.

Visit heartkids.org.au



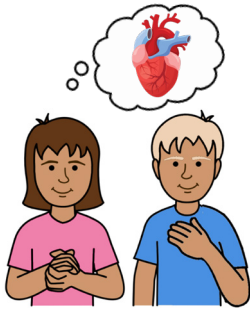
We add a star before and after ***hard words***. Then we explain what the words mean.



You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.



Childhood onset heart disease

We help people with

childhood onset heart disease or COHD.



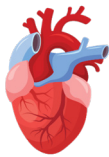
COHD means a ***heart condition*** that starts

- before you are born

or



- when you are young.



A heart condition means your heart works differently to the way it should.



Most children with COHD grow up to live normal lives.



Sometimes your ***mental health*** may be affected.



Mental health means how you feel about yourself and your life.

How to look after your mental health when you live with a heart condition



Good mental health is important for you to enjoy life and reach your goals.



Everyone has times when they feel

- sad



- angry



- stressed.



When the feelings are strong or they do not go away, you may need support.

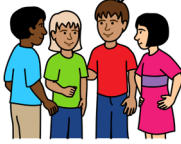


There are things you can do to look after your mental health.



You can

- make time to do things you enjoy



- spend time with friends and family.

You can stay healthy.

For example



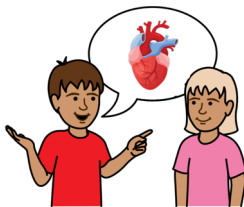
- eat healthy food



- get enough sleep



- do regular exercise.



You can learn from other people with a heart condition.



You can find more information about your heart condition.

How to get support for your mental health



There are lots of ways to get support for your mental health.

Call a helpline or chat online



You can call someone or talk with messages online.



HeartKids Helpline

Call 1800 432 785

Webchat heartkids.org.au



Kids Helpline

Call 1800 551 800

Website kidshelpline.com.au



Beyond Blue

Call 1300 224 636

Meet other young people with a heart condition



You can get advice from other young people with heart conditions.



HeartKids MyHeart Facebook group

Website [MyHeart:Heartkids Teen Community](https://www.facebook.com/MyHeart:Heartkids)



HeartKids Youthzone on Instagram

[instagram.com/youthzone_heartkids](https://www.instagram.com/youthzone_heartkids)

@youthzone_heartkids

Heart Foundation Supporting Young Hearts



A program to help young people share stories and learn how to manage their heart condition.



Website

heartfoundation.org.au/bundles/get-involved/supporting-young-hearts

Talk to a school counsellor

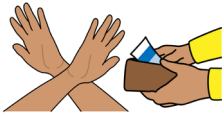


You can talk to a school ***counsellor***.

A counsellor will listen to you and give advice.



A counsellor will keep your information private.



You do not have to pay money to talk to a school counsellor.

Talk to your doctor or healthcare worker



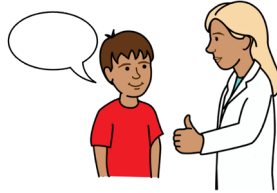
You can talk to your doctor or healthcare worker about how you feel about your heart condition.



Your doctor will ask some questions about how you feel.



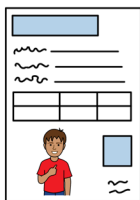
It is normal to be nervous when you answer questions about how you feel.



It is important to tell your doctor the truth.



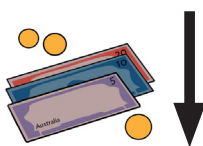
Your doctor can support you with a ***mental health treatment plan***.



A mental health treatment plan is a letter to a specialist about your mental health care.



For example, a psychologist.



You pay less for support when you have a plan.



Your doctor and psychologist will keep your information private.



Visit a *headspace* centre

headspace National Youth Mental Health Foundation helps young people with information and support for



- mental health



- physical health



- alcohol and drug problems



- work and study.



Website headspace.org.au

Call 1800 650 980



More information

For more information or support contact HeartKids.

Call 1800 432 785

You can contact us from 9 am to 5 pm
Monday to Friday.



Website heartkids.org.au

REACHOUT



ReachOut

Support for young people who experience
mental health challenges.

Website au.reachout.com



Kids Helpline

Call 1800 551 800

Website kidshelpline.com.au



Beyond Blue

Call 1300 224 636

Website beyondblue.org.au

Head to Health

Website headtohealth.gov.au



The BRAVE Program

A free online program to give young people information and skills to manage anxiety.

Website brave4you.psy.uq.edu.au

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website tisnational.gov.au

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