



# Young People



Young people with congenital heart disease can live long, full, and active lives, however may have unique needs and challenges.

Whether you have grown up with a heart condition, or have recently been diagnosed, HeartKids has a dedicated space for 13 - 24 year old people with congenital heart disease to share stories, keep informed and support each other. If you are in this age group and not already a member, please [click here](#) to join the

community on Facebook.

### **NEED TO SPEAK WITH SOMEONE?**

Please call the HeartKids Helpline on 1800 432 785.

Our 1800 service can provide you with support and information – and put you in touch with your local Support team. It is open 9am – 7pm AEST.

### **OTHER USEFUL LINKS:**

Living with a chronic condition can be challenging – if you are struggling – reach out and speak to someone.



Headspace has a fantastic new program "Head Coach". Australia's best athletes

with specific advice for young men to understand that mental health is as important as physical health

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