



EMPOWERING YOU EVERY STEP OF THE WAY

## Supporting young people aged 13–24 with Congenital Heart Disease (CHD)

Youth at Heart employ two CHD Health Youth Workers who support young people (aged 13–24) living with CHD and their families. They are available to help young people and their families during the period of transition from children’s care to adult services.

The services we offer are all free, face to face or online and include meetings in the hospital, out in the community and we can chat about anything that is on your mind.

### GET IN TOUCH WITH US

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