



Wellbeing Resources for Children & Young People with a Cardiac Condition: When you are in Outpatients or Pre-admission



How do I talk to my friends
about my condition



I'm worried about having
a medical procedure



I'm worried about
coming into hospital



I'm having
trouble sleeping



What can I do if I
feel worried or low



Managing
difficult feelings



To use the QR codes

1. Open your device's camera or download a free QR code reader
2. Point your camera at your chosen QR code
3. The link should open up as a pop up!

Try it on the code to the right to visit the SWSW CHD Network website.

