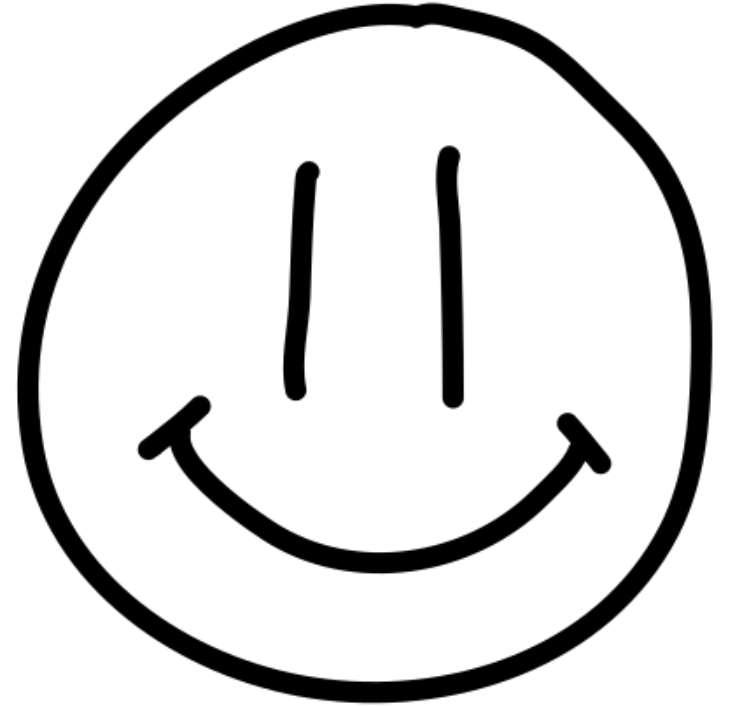


This is Sam. They have
Congenital Heart Disease.
They want to speak to you
about something important:
wellbeing.



Wellbeing is how we feel in our minds, body and soul. It is what helps us feel happy, strong, and calm.

Sometimes people like Sam can find it tricky living with a heart condition. There are things that stop Sam feeling happy. We call these things, **wellbeing challenges**.



Wellbeing challenges
can include feeling tired
and not being able to
sleep well.



And feeling a lot of
different emotions.
You may feel sad,
upset, or angry.



Or you may feel
worried about going
to hospital



They also include
feeling left out at
school or finding it
hard to make friends.



Like Sam, it is normal to have wellbeing challenges. Finding out what wellbeing challenges you have can help us support you to feel happy.



In your experience...

The **wellbeing challenges** for children and families living with congenital heart disease are...