



Mental Health & Wellbeing for Adults with Congenital Heart Disease

Feelings of stress, anxiety and depression are common particularly amongst people with chronic conditions such as congenital heart disease. However, there are a number of services available to help and give advice.

NHS

The NHS (<https://www.nhs.uk/conditions/stress-anxiety-depression/>) offer a number of online resources including a 'mood self-assessment' and help with stress, anxiety and depression. They also offer advice on how to improve your mental well-being or low mood and how to reduce stress as well as how you can access therapy and counselling services.

The Somerville Foundation

The Somerville Foundation (<https://thesf.org.uk/help-advice/emotional-mental-health/>) has some practical advice, aimed specifically at patients with congenital heart disease, for help with relaxation, grounding exercises and dealing with low mood and depression. They also offer a free mental health and wellbeing service with 1:1 telephone and e-mail support.

The British Heart Foundation

The British Heart Foundation (<https://www.bhf.org.uk/informationsupport/support/emotional-support-and-wellbeing>) also has information on dealing with stress and coping with anxiety and feelings of loneliness.

Newcastle upon Tyne Hospitals

At Newcastle upon Tyne Hospitals we offer 'Psychology in Healthcare wellbeing classes'. These are a range of classes offered to people who experience stress/low mood alongside a physical health condition.

If you would like to attend the classes or would like more information, please contact Helen Aylott (Clinical Psychologist) or Christina Ellwood (Assistant Psychologist) on tel: 0191 282 4081 or email helen.aylott@nuth.nhs.uk

Your General Practitioner

You can also contact your GP who will be able to advise on support options where you live. Any persistent and severe mental health problems should also be referred to your GP.



The Samaritans

If you feel as though you are struggling and need someone to talk to the Samaritans are available at all times on 116 123.