

I'm worried about starting a family

For women suffering with CHD, pregnancy and childbirth can be more challenging. These are key discussions to have with your medical team. They will be able to give you advice to support these goals if you have them. For men, decisions to have a child can also be challenging if the future holds a lot of unknowns. This is a common concern. Discussing these worries with your team or a trusted family member might be helpful. Additionally, when parents have a condition that places their future children at risk of CHD it can cause conflicting feelings about having a child. If any of these challenges are overwhelming, a referral to psychology might be helpful to help you make complex decisions, even if you're not ready to start a family

I'm worried about transition to your service

Transition from children's services to adult services can seem scary. Everyone is here to support this change from both sides. You might benefit from meeting Xander, the services youth worker. He can be there for you at every stage, even if it's just for a game of Uno!

I'm facing a lot of change and I don't know how to manage

Don't be too hard on yourself, managing change in your health can be overwhelming. You can use CHD support groups to seek peer support. Sometimes conversations can feel like they revolve around CHD, talking about something else could be helpful and your team can put you in touch with these groups.

I'm worried about the future

Concerns about the future can seem really daunting, especially when there are several unknowns out of your control. With support and guidance from the medical team, you can make joint decisions about your care that implement your future in different ways. Having these discussions with the consultant and nurses overseeing your care can help to put a stop to these worries.

I worry that I can't do the things I enjoy

Please don't feel like your condition limits you from doing everything that makes you happy. There will be some things that aren't advised to you such as drinking heavily. However, finding activities you can do is important to maintain psychological wellbeing and relationships. If you are lacking the motivation to do the things you enjoy, it might be worth an open conversation with your medical team and a referral to psychology to explore these feelings further.

I'm scared of needles and I know they are used often in my treatment.

Fearing needles isn't something you have to 'just put up with'. As an individual with a life-long condition, you are likely to face needles in your medical procedures. Psychology might be able to help you to become more comfortable with the use of needles. You can speak to your consultant or nurse specialist to be referred for this support.

I feel like my heart condition is negatively impacting my relationships

Sometimes, health conditions can require a lot of your time and energy. It's common to feel like CHD is impacting your relationships. You can talk to your medical team to discuss less invasive treatment options to fit your lifestyle needs. Please don't feel like you're alone. Discussions with close family and friends can be helpful to improve their understanding of what you're going through. Always ensure you're discussing information with people you trust.

I'm worried that I can't do what other people can

It might feel like some things have been taken away from you, especially if they are things you could do in the past. Feeling frustrated about this is a normal response in this situation. Pacing yourself and finding new things you enjoy and that work with your health condition might be helpful.

I feel nervous or worried about medical procedures

Feeling nervous for a medical procedure is expected. Some of the procedures or surgeries can be concerning. Talk to your medical team about concerns regarding your treatment and ask any questions you have. Contacting your nurse specialist can also be a great way to get information quickly and calm your nerves. If you feel that worries of medical procedures are becoming an overwhelming daily burden, ask for a referral to psychology from the medical team involved in your care.

