

## Age 15-17



You'll know all about the challenges of growing up with a heart condition but it's different again imagining life as an adult with CHD.

ECHO Teens provides a bridge, helping young adults with support and advice so you can take those important next steps with confidence.

You might want to know more about travelling abroad, benefits, disability rights, starting work or further education - we can usually help with all these things, but if we can't we'll always signpost a professional who can.

Also, we offer a range of activities and events designed specially with young people in mind, providing a safe space to access information, have some fun and meet others who share your experience.