

Teen siblings



Siblings are an important part of ECHO Teens

ECHO Teens provides a safe space to meet other heart teenagers and their siblings, where you can share your thoughts and experiences (if you want to) and make friends with other young people who know what you're going through.

We know that having a sibling with a heart condition can be difficult for young people to understand and cope with. Perhaps you're worried about what will happen to them, or you miss them and your parents when they're away from home?

We can help you cope by providing information and support, and also introduce you to other heart siblings if you want to talk and share your experiences. Throughout the year we organise events and outings that are a lot of fun and a great way to meet others in a similar situation.