

## **ACHD Psychology Resources:**

### **ACHD/Cardiac/ other Support groups**

- The Somerville foundation (*sign up via private facebook group*) offer social meet ups/ events /fund raising etc  
<https://thesf.org.uk/get-involved/events/>
- British Heart Foundation –
  - For people aged 18-30 and living with a heart condition, One Beat offer events to meet other young people, learn new skills and gain confidence.  
<https://www.bhf.org.uk/information-support/support/children-and-young-people/one-beat-events>
  - Over age 30- Local BHF support groups:  
<https://www.bhf.org.uk/information-support/support/support-groups#HeartSupportGroup>
- Youth at heart (*For people age 15-24 - Events/ social meets ups/ quizzes/ etc*)  
<http://www.youthatheart.co.uk/event/>
- Pulmonary hypertension association: (*offer social meet ups/events/support etc*)  
<https://phassociation.org/community/virtualsupport/>
- Arrhythmia Alliance (*Working together to improve the diagnosis, treatment and quality of life for all those affected by arrhythmias*)  
<https://www.heartrhythmalliance.org/aa/uk/>
- Cardiomyopathy Association (*Specialist national charity for people affected by cardiomyopathy*)  
<https://www.cardiomyopathy.org/>
- Down's heart group *Charity offering support and information relating to heart conditions associated with Down's Syndrome.*  
<https://dhg.org.uk/>
- Marfan association (*supports those affected by Marfan syndrome and related conditions*)  
<https://www.marfan.org/resources/patients/patient-resources>

- Max Appeal - *Supporting families affected by DiGoerge syndrome*  
<https://www.maxappeal.org.uk/>
- Transplant association (*Provide and informative online website and forum for patient's and their family and friends to access useful information on all matters relating to transplant.*)  
<https://www.transplantassociation.org.uk/>