Supplementary 2 – The Mind the Heart website Prototype 1

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| **How to cope and seek treatment** | Tips on caring for your mental health, including advice on self-care and helpful behaviours and linkage to relevant websites, i.e., mindhelper.dk, included in sections on anxiety, depression, ADHD and autism. | Tips on supporting your child and linkage to relevant websites, i.e., mindhelper.dk, included in sections on anxiety, depression, ADHD and autism. Separate section with information on mental- and social support services.  | Tips on how to address mental health issues in children and adolescents and how to advice the families.Information on the “stepped care model” in mental health services.Separate section with information on Danish mental- and social support services.  |
| **Dismantling stigma and clearing misconceptions** | Youth life with CHD (common feelings and worries) | Invented narratives and advice on how to cope from other parents to children with CHD and mental health issues.Short information on potential psychological struggles in parents to a child with CHD.  | Information on lived experiences of adolescents with CHD. |
| **Aetiology** | Short information on aetiology included in sections on anxiety, depression, ADHD and autism | Separate section with information on potential biological and psychosocial factors affecting the mental health in children with CHD  | Separate section with information on potential biological and psychosocial factors affecting the mental health in children with CHD  |
| **Common signs and symptoms** | Information on common symptoms, coping and treatment options of* Anxiety and CHD
* Depression and CHD
* ADHD and CHD
* Autism and CHD
 | As for adolescents | Short information on symptoms and treatment options in children and adolescents with anxiety, depression, ADHD and autism.  |
|  | Adolescents | Parents | Professionals |

**Overview of the website content**

**Screenshots from the website.**

**Adolescents' sub-page**

*Original Danish version:*



*Translation to English:*

*Adolescents*

*You might experience that your heart defect affects your feelings, thoughts, and behaviors in certain situations. On this website, you can read about the feelings and thoughts other young people with congenital heart defects might experience. You can also read about different types of mental health issues and learn more about what you can do to feel better.*

***Personal stories***

*> Living with a congenital heart defect*

***Symptoms***

*> Worries and anxiety*

*> Inattention and ADHD*

*> Social difficulties and autism*

*> Sad or depressed*

**Parents' sub-page**

*Original Danish version:*

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*Translation to English:*

*Parents*

*On this website, you can read about other parent’s experiences, obtain knowledge on mental health issues in children and adolescents with CHD and learn more about how to support your child and seek help*

***Parents to children with a congenital heart defect***

*> Parenting a child with a congenital heart defect*

*> Is there a connecting between congenital heart defects and mental health issues?*

*> What about my other children?*

***Personal stories and help***

*> Advice from other parents caring for children with a congenital heart defect and mental health issues*

*> Personal stories from other parents*

***Symptoms***

*> Worries and anxiety*

*> Inattention and ADHD*

*> Social difficulties and autism*

*> Sad or depressed*

**Health professional’s sub-page**

*Original Danish version:*

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*Translation to English:*

*Professionals*

*Find information on incidence, causal factors, symptoms, and treatment of mental health issues in children and adolescents with congenital heart defects. You can also find information on what to do and where to refer these children, whether you are a health professional or in another profession where you encounter these young people but do not take part in their mental health treatment.*

***Children with congenital heart defects***

*> The children and adolescents' own perspectives*

*> Mental health issues in children and adolecents with congenital heart defects (prevalence and incidence)*

*> Causal factors (aetiology)*

***Ways of action***

*> Getting through the mental health care system*

***Symptoms***

*> Worries and anxiety*

*> Inattention and ADHD*

*> Social difficulties and autism*

*> Sad or depressed*