## **₹RCPCH &US**The voice of children, young people and families

## **#VoiceMatters in Health**

Choose **ONE** topic that you think is the most important to improve the health of children and young people. This vote is open to children and young people up to the age of 25 in the UK. **Please return your vote to and\_us@rcpch.ac.uk by 15 Jan 2026.** 







1. Support for your emotional health and wellbeing





2. Support for your physical health





3. Support to feel confident and ready to manage booking your appointments, get your prescriptions or visit health services on your own





4. Giving your ideas & getting involved in shaping health services to meet your needs





5. Getting the right help, at the right time from the right health worker, wherever you are in the UK

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