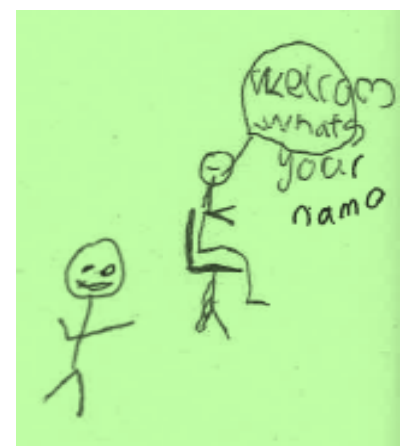
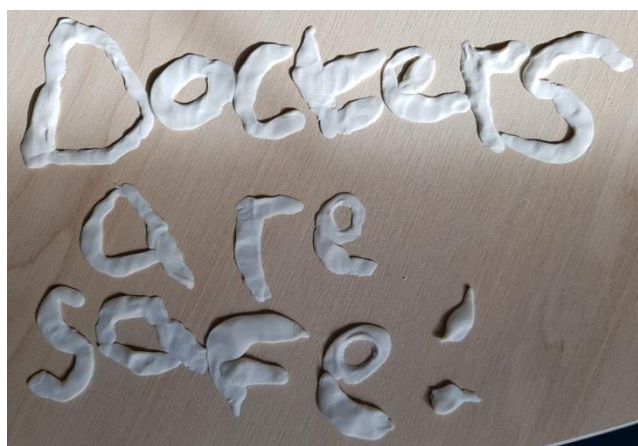


CHILDREN'S HEALTH AND WELLBEING PASSPORT



This passport has been designed by children and young people in care to help others to share who they are, how they are feeling and what support they would like from doctors, nurses and other health staff.



WARRINGTON
Borough Council



Knowsley Council



RCPCH & Us

The voice of children,
young people and families



Have *your* say - CiCC



Making A Difference everywhere



#Notes

Name

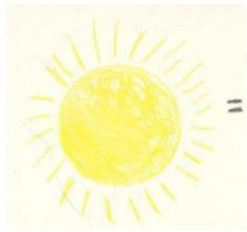
Illness

Family &
who looks
after you



Draw your favourite things

HOW DO YOU FEEL TODAY? PLEASE TELL YOUR DOCTOR



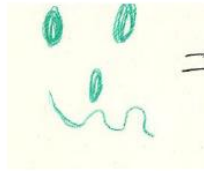
Happiness



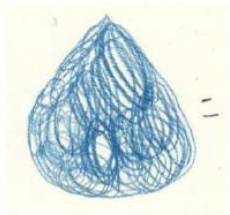
Anger



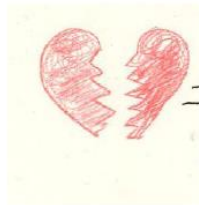
Affection



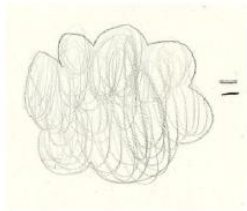
Poorly



Sadness



Heartbreak



Isolated



Date _____

Feeling _____

Date _____

Feeling _____

Date _____

Feeling _____

#Notes

Discuss with my Doctor

Discuss with my Carer

Discuss with my Worker

Resources created by young people from RCPCH &Us:

Emotional health resources

- Emoji Cards <https://www.rcpch.ac.uk/resources/emoji-card-game>
- Chatterbox <https://www.rcpch.ac.uk/resources/chatterbox-game-five-ways-healthy-wellbeing>
- Doctors Pocket Book <https://www.rcpch.ac.uk/resources/doctors-pocketbook-talking-young-patients-about-mental-health>

Children in Care resources

- Being Me passport, emotions poster and the feelings-teller all at www.rcpch.ac.uk/being-me



Want more information?
Contact: and_us@rcpch.ac.uk