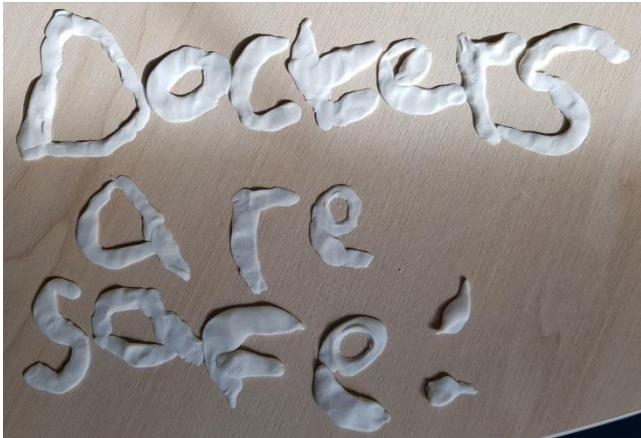


YOUNG PEOPLE'S HEALTH AND WELLBEING PASSPORT



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.



#Notes

Name

Illness

Family &
who looks
after you



IMO – WRITE, SPEAK, SHARE

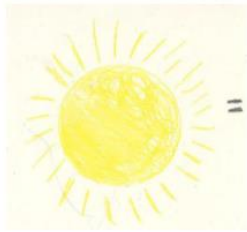
IMO is a voice for teenagers in care and for care leavers. It is somewhere you can share stories, experiences and achievements, get and give advice, and find loads of great free stuff! We share blogs, vlogs, podcasts and more from teens in care, and we link Children in Care Councils in England together around common campaigns. We also share opportunities for care leavers, like jobs and apprenticeships, and we give away loads of free stuff! Look at www.imohub.org.uk for more info!

IMO was created by the Children's Commissioner for England in collaboration with an advisory network of teens with care experience.

Got a problem?

If you've got a problem, call Help at Hand for advice on 0800 528 0731. Help at Hand is a **free** advice and assistance service for teens in care and care leavers.

HOW DO YOU FEEL TODAY? PLEASE TELL YOUR DOCTOR



Happiness



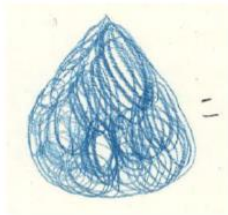
Anger



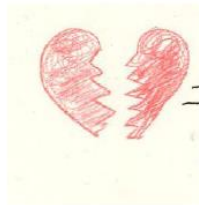
Affection



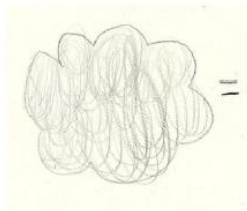
Poorly



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