

#ThisIsme



#HiddenHealth



## Do you need support with #HiddenHealth needs?

- Children and young people with a hidden condition or illness visiting health services
- Support for hidden family carers
- Access to support services to support #HiddenHealth

Your local parent carer forum is...

Download free  
#HiddenHealth  
resources from  
[www.rcpch.ac.uk/  
hiddenhealth](http://www.rcpch.ac.uk/hiddenhealth)

Your local advocacy  
service is:

Your local play/youth/  
disability nurses or team are...

Created by parents and carers from Alder Hey with RCPCH &Us