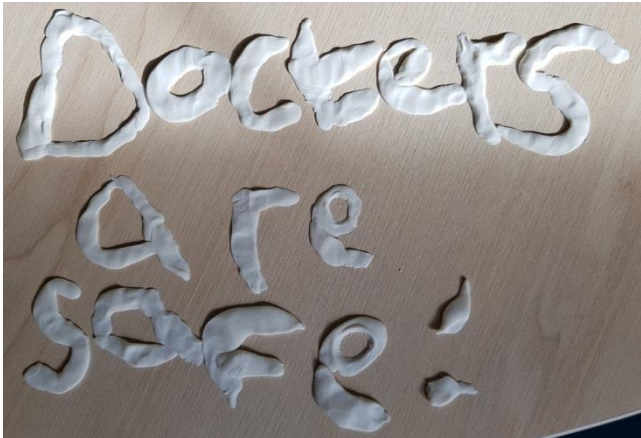


YOUNG PEOPLE'S HEALTH AND WELLBEING PASSPORT



This passport has been designed by children and young people 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

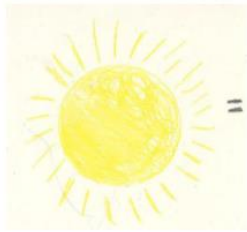
Illness

Family &
who looks
after you



Things which are important to me:

HOW DO YOU FEEL TODAY? PLEASE TELL YOUR DOCTOR



Happiness



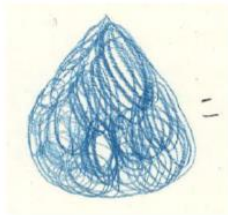
Anger



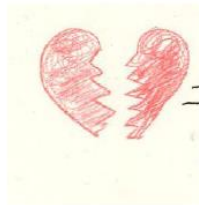
Affection



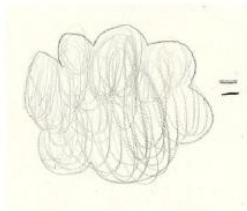
Poorly



Sadness



Heartbreak



Isolated



Date _____

Feeling _____

Date _____

Feeling _____

Date _____

Feeling _____

#Notes

Discuss with my Doctor

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