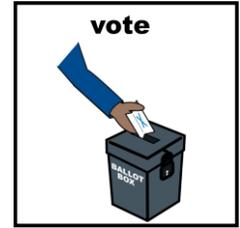
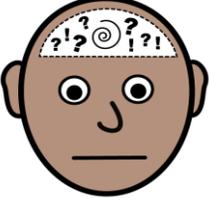


Choose **ONE** topic that you think is the most important to improve the health of children and young people. This vote is open to children and young people up to the age of 25 in the UK. **Please return your vote to and_us@rcpch.ac.uk by 15 Feb 2026.**

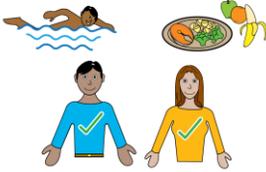


mental health



1. Support for your emotional health and wellbeing

healthy and well



2. Support for your physical health

skills



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

involved in decision making



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

care for you



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

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