



# WELLBEING PASSPORT

Guide for parents, carer's & professionals



# What is the Wellbeing Passport?

The Wellbeing Passport was co-produced with young people, families and practitioners across Lancashire and south Cumbria. It is a resource for young people to share information about their mental health and emotional wellbeing, at times where they feel unable to talk or express themselves.

## What people said

Young people told us that telling their story over and over can be difficult and sometimes triggering. Families told us that in an emergency, it can be a challenge to remember key pieces of information about things such as medication and contact details for services. They wanted something that would keep key information together in one place, to be referred to when needed.

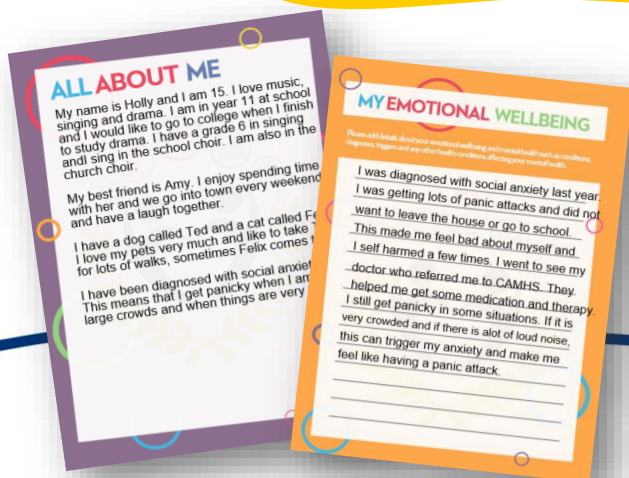


# How it helps young people

The Wellbeing Passport belongs to the young person. They can complete it on their own or with support, they can share information they feel is important, and they can be as creative as they want to by writing or drawing things that represent them and their experience. Having ownership of their own information helps young people to feel in control of who has information about them, and how they want others to support them.

# How it helps adults

The Wellbeing Passport provides key pieces of information about a young person's mental health and emotional wellbeing in situations when adults need to know. It can be shared with the GP, teachers at school and other professionals involved in the young person's life. It allows the young person to tell others the best ways to support them. It can be vital in an emergency when a caregiver might need to know about things like diagnosed conditions, warning signs and medication.



# What it tells you

The Wellbeing Passport has different pages for the young person to provide a range of information. This includes a section about themselves including interests and hobbies; their emotional wellbeing; any treatment they are receiving including services they work with; what they do that helps them stay well; what other people can do to support them; warning signs that they are becoming unwell; important contact details.

## Why a young person might show you their Passport

- If you are a professional meeting them for the first time
- If you are a person with whom they wish to share information about their mental health
- If they are struggling to express themselves
- If they don't feel like talking
- If they are in a crisis



# Encouraging a young person

If you know a young person who could benefit from using a Wellbeing Passport, have a conversation with them about it. Alternatively, you could download a Wellbeing Passport along with 'How to Guide' for young people, and send it to them electronically. If you know a young person who would like to use one, you could offer them support and guidance to complete it.

## Reacting to the Passport

If a young person shows you their Wellbeing Passport, it's good to remember some of the reasons why this might be the case. Showing an interest in them, thanking them for sharing it with you and referring to particular pages with additional questions to open up a conversation, are some ideas about how to react when the Wellbeing Passport is shared with you.



# Where to get one

You can download a Wellbeing Passport from the dedicated website and save a copy onto your computer or other device:

[www.wellbeingpassport.org.uk](http://www.wellbeingpassport.org.uk)



## How to keep it safe

You can download and save a copy of the Wellbeing Passport on most devices. When you have saved the Passport securely, details can then be added, saved and shared with the right people, either by showing it on the device, or sending it electronically. Here are some tips for different devices...




### Android devices

- Go to [www.wellbeingpassport.org.uk](http://www.wellbeingpassport.org.uk)
- Click 'open with Drive'
- Click the save to Drive icon
- Go to Drive
- Open the Passport
- Add details



### iPhone & iPad

- Go to [www.wellbeingpassport.org.uk](http://www.wellbeingpassport.org.uk) in Safari
- Click 'download here'
- When your download is complete, click the 'save' icon 
- Select 'Save to Files'
- Go to 'Files' and open the Passport
- Add details and select 'Done'

### Laptop & PC

- Go to [www.wellbeingpassport.org.uk](http://www.wellbeingpassport.org.uk)
- Click 'download here'
- When the download is complete and open, you can choose where on your PC or laptop to save it
- Remember to keep it somewhere it will be safe
- Add details and remember to save





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