



# WELLBEING PASSPORT

## How-to Guide



## Tell your story...

The Wellbeing Passport is designed to help you to tell your own mental health story in the way you want to tell it. It's a document where you can talk about yourself, tell others about your mental health and identify ways other people can support you to stay well.



This guide explores your Wellbeing Passport with some hints and tips about how to fill it in.

...your way.



# All About Me

This is a space where you can express yourself and be creative. You can write a bit about yourself or if you prefer, you can draw yourself or some other pictures that represent you.



What is important to you?  
What do you do for fun?  
What are your interests?  
What are you studying?  
What's your favourite music?  
What food or sport do you love?

## Examples

### ALL ABOUT ME

My name is Holly and I am 15. I love music, singing and drama. I am in year 11 at school and I would like to go to college when I finish to study drama. I have a grade 6 in singing and I sing in the school choir. I am also in the church choir.

My best friend is Amy. I enjoy spending time with her and we go into town every weekend and have a laugh together.

I have a dog called Ted and a cat called Felix. I love my pets very much and like to take Ted for lots of walks, sometimes Felix comes too!

I have been diagnosed with social anxiety. This means that I get panicky when I am in large crowds and when things are very noisy.



# Emotional Wellbeing

This part is really useful for telling others how you're feeling. Think about any mental health challenges you have and how they affect you. You could write about how your mental health challenges can affect you mood and motivation, and think about how other people would know if you aren't feeling great.

## MY EMOTIONAL WELLBEING

Please add details about your emotional wellbeing and mental health such as conditions, diagnoses, triggers and any other health conditions affecting your mental health.

I was diagnosed with social anxiety last year. I was getting lots of panic attacks and did not want to leave the house or go to school. This made me feel bad about myself and I self harmed a few times. I went to see my doctor who referred me to CAMHS. They helped me get some medication and therapy. I still get panicky in some situations. If it is very crowded and if there is alot of loud noise, this can trigger my anxiety and make me feel like having a panic attack.



### Tip:

Tell people what might be different about you if you're struggling. That means they know what to look out for and when you might need some support.

# Treatment

If you take any medication, or you work with any services like CAMHS, it's really useful to put that here to let other people know. If there's an emergency, whoever is looking after you has the information they need.



On this page, you can tell people how you're affected day-to-day and what might help you to stay well. Maybe you're more of a morning person, or maybe you don't feel comfortable in busy places. It's useful for people to know so they can best support you in your daily life, at home, school or college.

# Challenges



**MY CHALLENGES**

**Regular challenges:**  
Going to school is challenging for me as it is a busy place, especially at lunch time. It can also be very noisy in class, as well as at break time and lunch time which I struggle with every day.

**My preferences:**  
Sitting in a quiet area when I am struggling.  
Being able to be with Amy or my mum when I am struggling.  
When people are understanding of my anxiety and are supportive.

**MY TREATMENT**

**Medication I am taking:**  
Sertraline 50mg daily  
Claritin 10mg daily  
I am allergic to eggs and penicillin.

**Services I have worked with:**  
CAMHS  
School counsellor  
Youth service

# Things I do

What kind of things do you do that make you feel happy and mentally well? Think about things you enjoy doing regularly, as well as things you do when you're not feeling great. It might be playing sport, painting or listening to music; anything that helps you to stay well.

# Things others can do

This section is where you can tell other people what you want them to do, to help you feel happy and mentally well. Whether you need some space, some time out, or you want to speak to someone when you're struggling, telling others what these things are is helpful.

## THINGS I DO THAT HELP ME

Write or draw in the boxes below.

1 Singing which helps me to feel calm and focussed.

2 Taking my walks which I get used to

3 Having an hour on my own when I get home from school to relax.

4 Going into the room with Amy at the

5

6

## WHAT YOU CAN DO TO SUPPORT ME

Write or draw in the boxes below.

1 Be kind to me when I am struggling or having a panic attack.

2 Try and understand how I am feeling

3 Let me have Amy or my mum with me if I need them.

4 Let me spend an hour on my own each day to practice relaxation.

5 Let me sit somewhere quiet if I become overwhelmed in a noisy place.

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Tip:

Telling others what they can do means they can support you in the best way and a way that's helpful to you.



# Warning signs

This page is like a 'traffic light' system so that you can tell others what might change for you if you're struggling or becoming unwell. Early warning signs can be hard to spot, and more serious ones are really important to recognise quickly. See the guide [here](#) for some ideas, but remember that these signs are different for everyone.

## Early signs

'I don't feel like talking'  
'I want to be on my own'  
'I don't sleep very well'

## Moderate signs

'I feel angry or upset'  
'I lose my appetite'  
'I can't concentrate'

## Serious signs

'I have a panic attack'  
'I have harmed myself'  
'I won't get out of bed'

**WARNING SIGNS TO LOOK OUT FOR**

Please add details of things your supporters and medical staff can look out for as signs that you are experiencing mental distress

**Green circle:**  
If I am quiet  
If I can't concentrate  
If I am snappy or irritable

**Yellow circle:**  
If I am becoming agitated  
If I am becoming breathless  
If I am restless and will not sit down

**Red circle:**  
If I am having a panic attack  
If I scratch myself or cut myself  
If I will not leave the house or go to school

Use this page to add details of important contacts. This might be your parent, carer or someone you live with. You can also add details of other important people, such as a support worker, GP or teacher. Having access to contact details is really important, especially in an emergency.

## Contacts



Tip:

If you're not sure of any names or other contact details such as phone numbers or email address, don't be afraid to ask. Your supporters will want to make sure you have the correct information.



**IMPORTANT CONTACT INFORMATION**

Name	Pat
Relation	Mum
Contact Number	07711122233
Email	Pat@email.com
Address	
Name	Miss Barrow
Relation	School counsellor
Contact Number	01234 567 891
Email	Missbarrow@school.com
Address	
Name	Laura
Relation	CAMHS worker
Contact Number	123 456 789
Email	Laura@camhs.com
Address	
Name	Dr Smith
Relation	GP
Contact Number	543 21
Email	Drsmith@gp.com
Address	





# Where do I 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 do I keep it safe?

You can download and save a copy of the Wellbeing Passport on most devices. When you have saved your Passport securely, you can then add in your own details and you are free to share it with the right people. 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 your 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 your Passport
- Add details and select 'Done'

## Laptop & PC

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





## Lancashire

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