



WELLBEING PASSPORT

 mind
Lancashire


Lancashire and
South Cumbria
Integrated Care Board



WELLBEING PASSPORT

A GUIDE TO MY EMOTIONAL WELLBEING

PLEASE LOOK AT MY WELLBEING PASSPORT BEFORE YOU HELP ME:

I LIKE TO BE KNOWN AS:

MY NHS NUMBER:

MY DATE OF BIRTH:

ADD YOUR
PHOTO HERE

ALL ABOUT ME



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.



5 STEPS TO IMPROVE YOUR WELLBEING



CONNECT

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



BE ACTIVE

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



TAKE NOTICE

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



KEEP LEARNING

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



GIVE

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

MY TREATMENT

Medication I am taking:

Services I have worked with:

MY CHALLENGES

Regular challenges:

My preferences:

THINGS I DO THAT HELP ME

Write or draw in the boxes below.

1

2

3

4

5

6

WHAT YOU CAN DO TO SUPPORT ME

Write or draw in the boxes below.

1

2

3

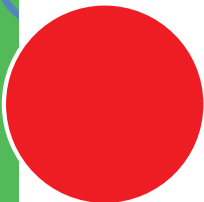
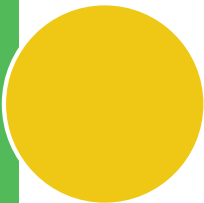
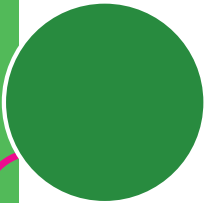
4

5

6

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



IMPORTANT CONTACT INFORMATION



Name:



Relation:



Contact Number:



Email:



Address:



Name:



Relation:



Contact Number:



Email:



Address:



Name:



Relation:



Contact Number:



Email:



Address:



Name:



Relation:



Contact Number:



Email:



Address:



CONNECT



BE
ACTIVE



TAKE
NOTICE



KEEP
LEARNING



GIVE



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