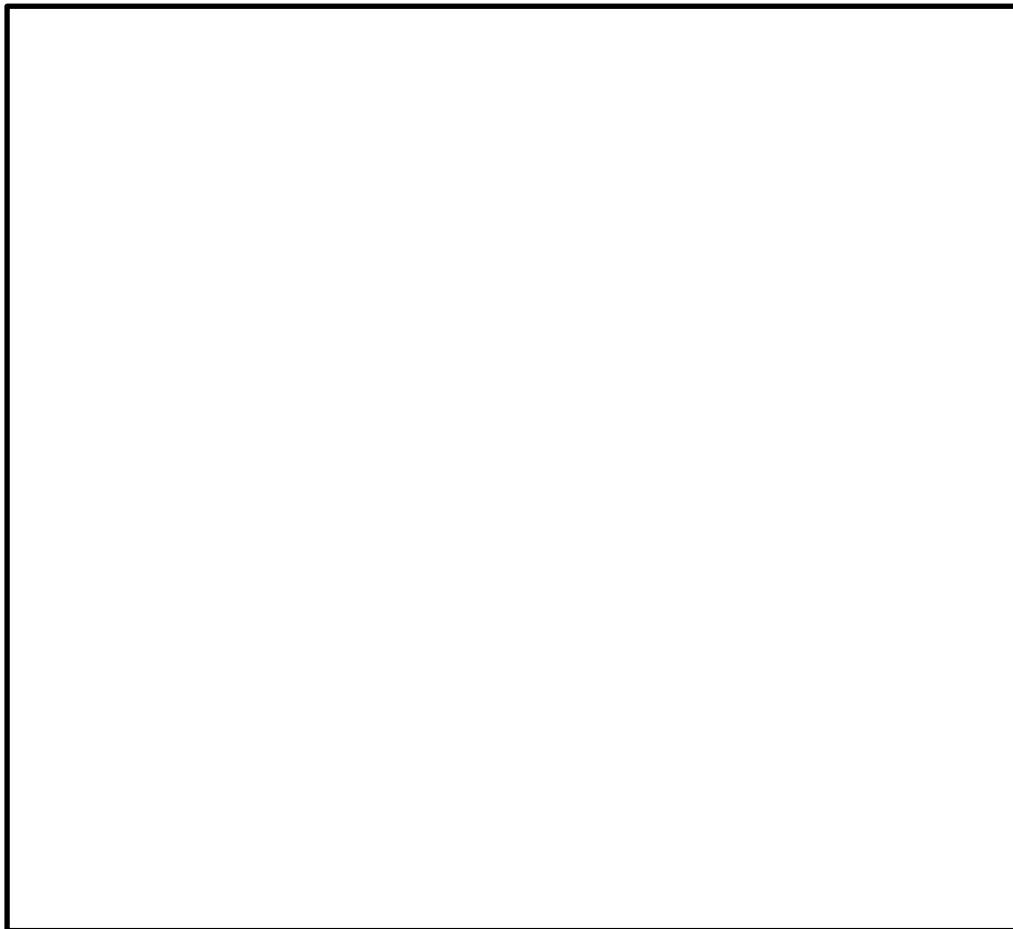


# Wellbeing passport

This passport belongs to: .....



Draw a picture of yourself in the box above

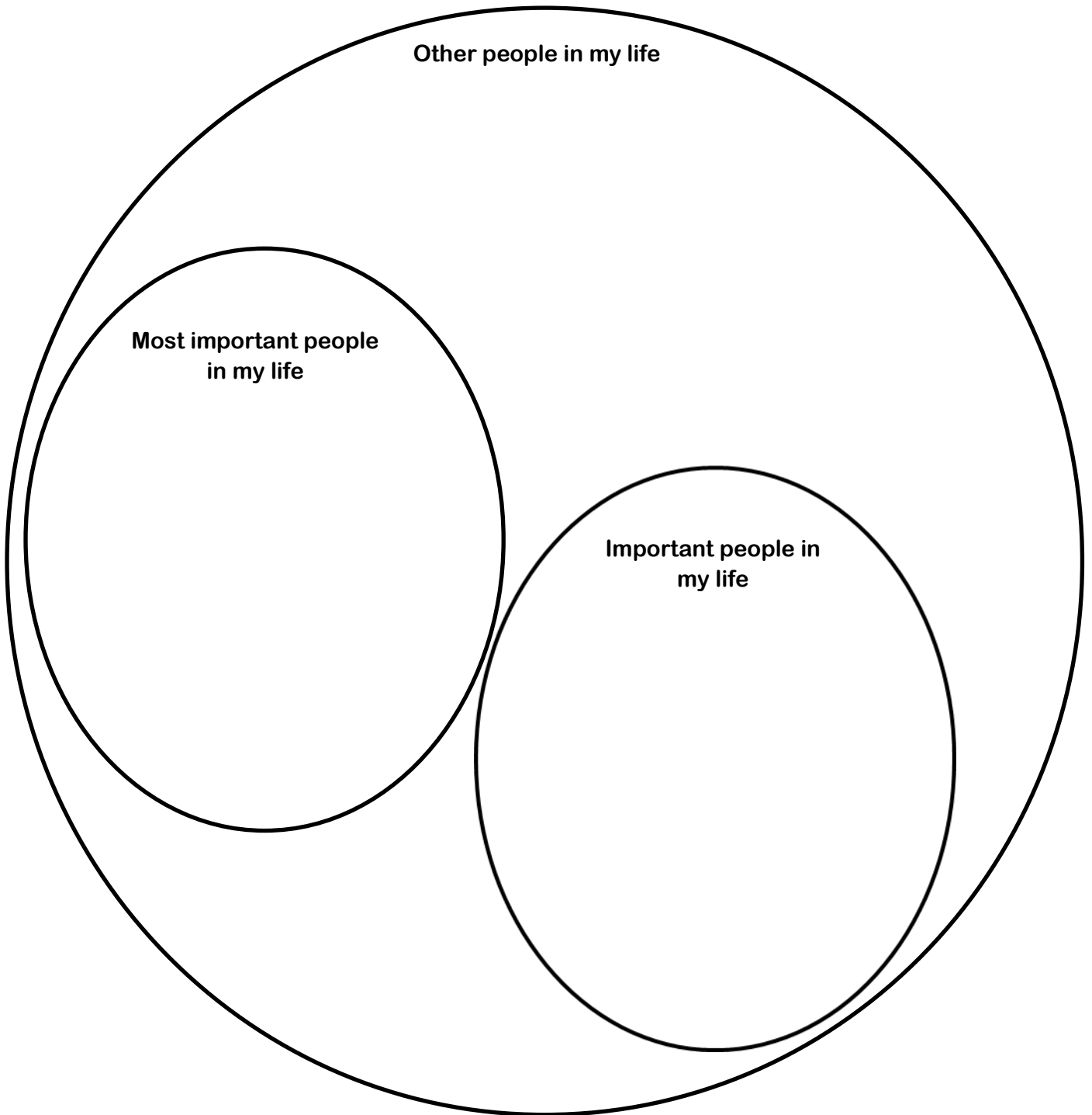


# My daily routine

08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	

- Remember to include rest periods throughout the day to allow for down time
- Don't feel that every box needs to be completed, this is just a guide

# My support egg



Other people in my life

Most important people  
in my life

Important people in  
my life

# What are my triggers?

## Uncomfortable topics...

(this can be anything that makes you feel uncomfortable such as noise, people, situations)

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## Common triggers...

(these are everyday things that may trigger you to feel sad, anxious or angry)

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## Possible trauma triggers...

(these triggers are anything that may have happened in the past that resurface traumatic events)

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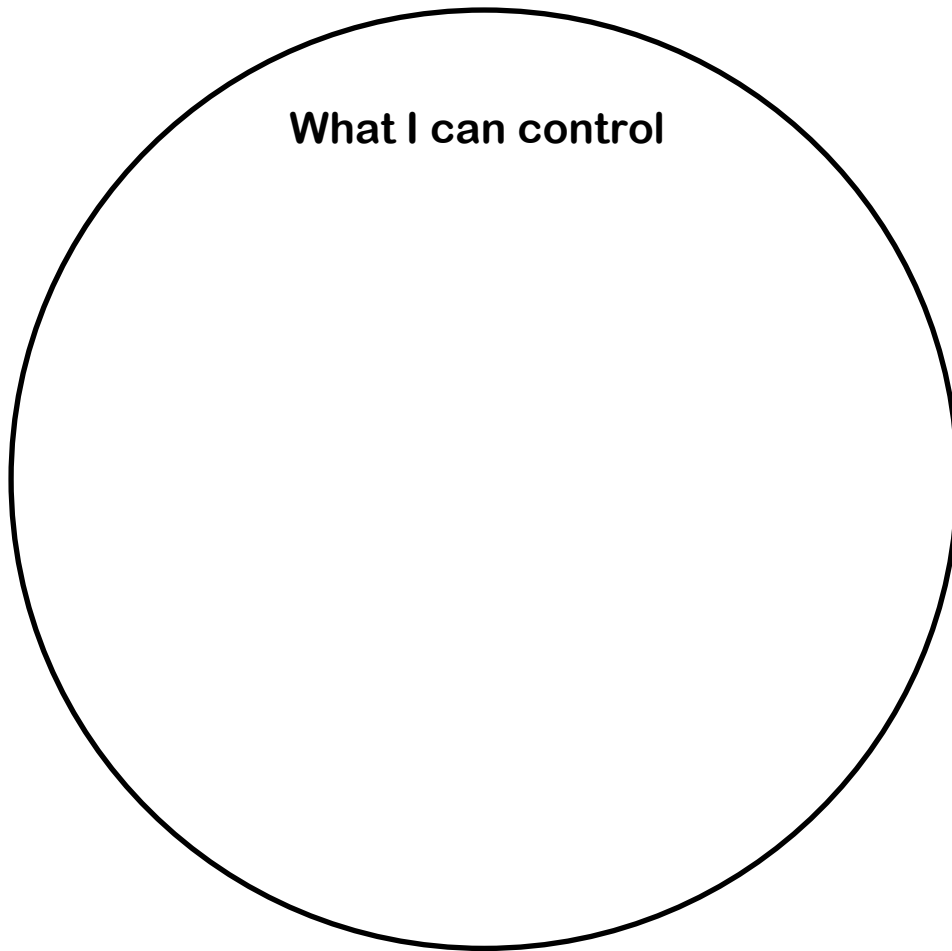
## Happiness triggers...

(what makes you happy, who makes you feel supported)

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- 
-

# My circle of control

What I can't control



**Use this activity as a resource for discussing the things you can and can't control this will help ease your anxiety and worry about things you have no control over!**

**Focus on things that you can control such as behaviours, friendship groups and how you react; as well as reducing the things we have no control over such as the weather or other people's behaviours to us.**





# What does being sectioned mean to me?

If you are sectioned, this means that you are kept in hospital under the Mental Health Act 1983. There are different types of sections, all in which have different rules to keep you in hospital.

## Why would you need to be sectioned?

- You need to be assessed or treated for your mental health
- Your health would be at risk of getting worse if not treated
- Your safety or someone else's safety may be at risk

Once you have been assessed by health professionals you can be lawfully sectioned.

## Section 2

You can be detained under section 2 if you have a mental health condition or experiencing mental health difficulties, if you need to be detained for a short time for assessment, or if it is necessary for your own health or safety or for the protection of others. You can be detained under section 2 for up to 28 days.

## Section 3

You can be detained under section 3 if you have mental health condition or experiencing mental health difficulties, if you need to be detained for your own health and safety, or if treatment can't be given unless you are detained. You can be detained under section 3 for up to 6 months.

## Section 5(2)

Section 5(2) applies to you if you are a voluntary patient or inpatient. You can be kept under this section for 72 hours.

## Section 5(4)

Section 5(4) applies if you are a voluntary patient receiving treatment for a mental health condition or experiencing mental health difficulties as an inpatient. You can be detained if you need to be kept in hospital immediately for your health. You can be kept under this section for up to 6 hours.