

# WE ARE HERE TO HELP KIDS AND TEENS IN CARE

Your health matters to us. We're here to support you.



## HELP BOOKING AND CHOOSING DOCTORS

If you need help booking appointments, just ask us. We'll give you more time if you need it. You can choose a doctor you like, and they'll remember your story, so you don't have to keep repeating it.



## HELP WITH YOUR HEALTH

Please talk to us if you have any questions or worries about your health or body. We are here to help you access the services you need.



## KEEPING HEALTH RECORDS UPDATED

We will keep your health records up to date, and make sure we know who your social worker is and how to reach them.



## UNDERSTANDING WHO CARES FOR YOU

For younger children, we will ask who is looking after you and what you like to call them.



We will also write down what they can help decide for you.



## SUPPORT AFTER LEAVING CARE

After you leave care, we will keep your health records safe. If you'd like to talk about your health growing up, you can call us and we will help you.



North West London  
Integrated Care System