

STRUGGLING TO COPE WITH CANCER?

Pick up a Passport To My Health and Wellbeing to help you on your journey.

The Passport is designed to help people who are struggling with poor mental health and who are affected by cancer cope with attending appointments and treatment.

It's a record to give you some practical support and comfort on your cancer journey.

You, and the healthcare team looking after you, can use the passport to log important information during your diagnosis and treatment.

The passport can record:

- **personal information**
- **healthcare contact details**
- **important treatment information**
- **your appointments**
- **useful resources**

"THE PASSPORT HELPED ME FEEL IN CONTROL OF MY CARE"

If you would like a passport simply ask your GP or a member of your cancer or mental health team.

Thank you, Macmillan Mental Health Cancer Care Co-Production Group.

