

The Kolvin Service Understanding my story Workbook





Caring | Discovering | Growing | **Together**

How I've ended up here





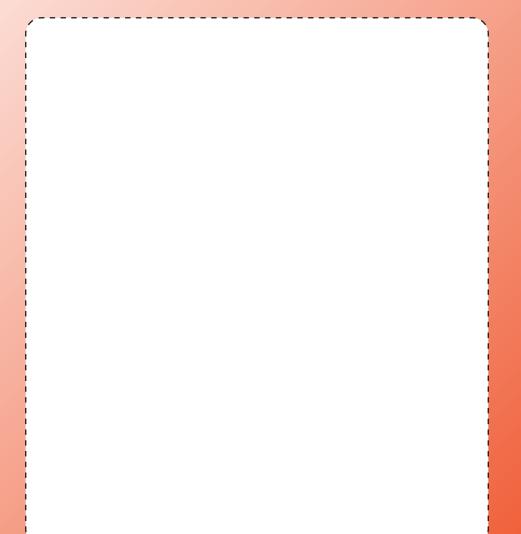
Things I'm good at





Things I find difficult





What keeps my problems going





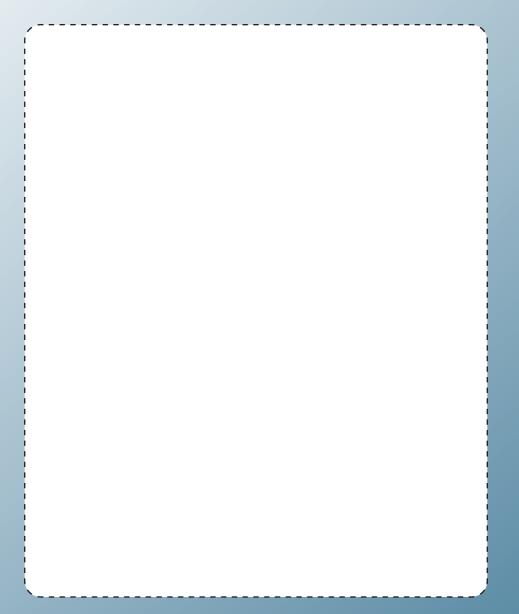
What do I need to do or change





What help do I need from others





Useful information

Understanding my story - Information Leaflet www.cntw.nhs.uk/resource-library/kolvin-service-understandingmy-story/

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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