

Moving on from CAMHS passport

Moving from child to adult mental health services can often be a difficult time. You might feel worried about what to expect or nervous about your support changing.

What is the passport for?

The passport is one way to let people in your CAMHS team know a bit more about you and what will happen when you move on from CAMHS. It gives you the opportunity to say what's important to you, what's worked and what hasn't worked in the past and what you'd like to happen with your care and treatment in the future.

You can fill it in and then give it to your key worker or your care co-ordinator and ask them to keep a copy with your records.

Who should see my passport?

You should keep a copy for yourself and give a copy to your CAMHS team and ask them to add it to your records. You might also want to give a copy to a parent or trusted adult.

A copy might be passed to your adult mental health team but it's a good idea to check with someone in your CAMHS team. If you don't want a copy to be sent to your adult mental health team, you should ask your CAMHS team to remove it from your records.

What if I want to include more information?

It's best to keep your passport to two pages so it's easy for people involved in your care and treatment to read quickly, and it's less likely to get lost. If there are bits of extra information that you think are really important, you could write them down on another piece of paper and ask for them to be kept with the passport.

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All about me	
Full name:	Date of birth:
What I like to be called:	
How I want to be contacted (email address or phone number):	
Name of key worker/care co-ordinator at CAMHS, and contact details:	Name of lead contact in adult services, and contact details:
I want a copy of this passport to be sent to my lead contact in adult services [Y/N]	
What I want you to know about me (likes, dislikes, goals, hopes for the future, people that are important to me):	
My history with CAMHS (why I started working with CAMHS, what therapies and treatments I've had):	
Support I've found helpful from CAMHS:	Support I've found unhelpful from CAMHS:

Moving on plan

Worries or questions I have about moving to adult services:

Support I want to get from adult mental health services:

Things I find difficult and would like to see change by working with adult mental health services:

Support I have outside of NHS services (e.g. peer support, advocacy, hobbies, school, social care):

Things I do myself that help when I am struggling with my mental health:

How I want my parent/care giver to be involved in my move to adult services:

What information I want you to share with them:

Their name and contact details: (leave blank if don't want parent/carer giver involved):