

## Moving on from CAMHS passport

Moving on from CAMHS might feel like a difficult time. It can be a really positive step in your recovery, but you might also feel worried about what to expect, or nervous about your support changing.

### What is a passport?

The passport is a document you can fill in to:

- Let people involved in your care know more about you
- Let them know what you'd like to happen when you leave CAMHS

### Why is the passport useful?

Creating a passport can give you the opportunity to say:

- What's important to you
- What has worked or has not worked in the past
- What you'd like to happen with any care and treatment in the future

You can fill it in then give it to your GP or a professional involved in your care. Ask them to keep a copy with your records.

### Who should see my passport?

It's up to you who sees your passport. You might want to:

- Keep a copy for yourself
- Give a copy to your GP and ask them to add it to your record
- Give a copy to another professional involved in your care, like a private therapist or counsellor at a charity, and ask them to add it to your records
- Give a copy to a parent or trusted adult

### What if I want to include more information?

It's best to keep your passport to 2 pages. This makes it easier for people involved in your care to read and understand it.

If there are bits of extra information you think are really important, write them down on another piece of paper and ask for them to be kept with your passport.

## My moving on from CAMHS passport

<b>All about me</b>		
Full name:	Date of birth:	Pronouns:
What I like to be called:		
How I want to be contacted – write your email address, phone number, or both:		
Name and contact details of my GP:		
What I want you to know about me – think about likes, dislikes, goals, hopes for the future, people that are important to me:		
My history with CAMHS – why I started working with CAMHS, what types of treatment and support I had, details about my discharge from CAMHS:		
Support I've found helpful from CAMHS:	Support I've found unhelpful from CAMHS:	

## **My moving on plan**

Support I want to get for my mental health in the future:

Support I have outside of NHS services – like peer support, advocacy, hobbies, school, social care:

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

How I want my parent, carer, or guardian to be involved in my care:

What information I don't want you to share with them:

Their name and contact details – leave this blank if you don't want them to be involved: