My Well-being Personalised Passport
What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Service. Most of us within this team are called CAMHS Practitioners who have nursing or social work backgrounds. There are also clinical Psychologists and Psychiatrists who work in the team as well. Don’t worry about this they are specialist doctors who take extra interest and training in mental health and wellbeing. They do not wear white coats or give you injections. We have lots of different people and ways we can try and help you.

What to expect from your CAMHS initial assessment....

You will have been sent an appointment letter asking you to come and meet a CAMHS professional. The initial assessment may take up to an hour and a half.

The CAMHS professional will be asking questions to try and find out what has been happening for you lately. It is important we know as much as we can so that we can help you in the best way possible.

You may be with your parent/carer and if you want to speak with us on your own we can do that too.

At the end of the appointment we will decide together whether CAMHS can help you and we will give you some information as to how we can do this. If we all think that CAMHS is not the best team to help you we will always suggest other professionals that may be helpful.
The **purpose** of this **Well-being Passport** is to make sure that all the young people and families we meet have care that is effective and meets their needs.

Here at CAMHS we believe it is so important that young people and their families only have to tell professionals their stories once. We are hoping that by asking young people and their families to fill out their individual **Well-being Passport** they can own their own healthcare record and take this with them to use in health, social and educational settings.

Please take the time to look through your **Well-being Passport** and to fill out as much information as possible before your initial assessment appointment. This will help your CAMHS Practitioner know how best to support you and to get to know you better.

Please don’t worry if you don’t fill out the **Well-being Passport** we would still really love to meet you for your first appointment. Please bring with you the **Well-being Passport** even if you have not completed any information.
This is a booklet for you to let us get to know you better, the difficulties you are having and what you are like.

You are free to fill in answers to the questions, write on the blank pages and draw, or doodle, on it as you wish, as it’s your passport.

You do not have to fill it in all at once: you can come back to it and fill in more whenever you feel like it.

My name is:

I like to be called:

My age is:

My birthday is:

Who I live with:

My address is:

My telephone number:

My email is:

Me ☺ (add photo, drawing or doodle ☺)
about Me

I have mobility needs
(eg walking aids or wheelchair access)
Is there anything we can do to make you more comfortable whilst you are here?

Yes ✓ No ×

I take medication:

Yes ✓ No ×
If Yes please tell us more:

I have allergies (medication/food/bees...)

Yes ✓ No ×
If Yes please tell us more:

I have communication needs

Yes ✓ or No ×
If Yes please tell us more:

This could be:

- Hearing
- Eyesight
- Sign Language
- Colour overlays for reading

Or something else...

What helps me to talk to people is...

Things that help me feel comfortable are:
(include places, people, activities)

Things that make me feel unsafe are:

If I feel uncomfortable, I may:
(eg. fidget, bite, fingernails, stop talking)
about Me continued

People in my life who are important to me:

Pets and animals that are important to me:

Things that make me laugh are:

Things I am most proud of are:

Things I am good at are:
My Well-being

There are many things we can do to help our well-being. They include sleeping well, taking exercise, eating healthily and finding ways to relax. This section is for you to record difficulties you may have with any of these and we can look together at how we can help with these.

Food and eating is something I need support with

My problems with eating are:

Relaxing is something I have difficulty with

My problems with relaxing are:

Things that help me eat healthily:

Things I like to eat: Things I like to drink

Finding ways to relax

Music:

Sleep

Sleep is something I have difficulty with

My problems with sleeping are:

Things that help me sleep:

Exercise

Exercise is something I need support with

My problems with doing exercise:

Exercise I enjoy doing:
Other things that help my well-being
My Care Plan

A care plan is made after you have had an assessment. You should have the opportunity to be fully involved in the plan and to say what your own priorities are. A care plan is agreed between you and the people you meet at this service (with support from your parents/carers if you wish) and will help to identify what you need support with and what you want to achieve by coming here.

★ What I feel I need support with:

★ What I would like to achieve by coming here:

★ Following my appointment with ........................
   I have agreed the following (e.g. attend groups or other appointments)

1) 
2) 
3) 

★ Who I will contact if I feel my care plan is not working for me  ..............
Who I will contact if I feel unsafe:

Anything else I can do if I feel unsafe:

My parents/careers have agreed to do the following to support me and my care plan

Yes ✓  No ✗

Print Name:
Signature:
Date:

Parent/Careers Name
Signature
Date

Copy of care plan given to me

Yes ✓  No ✗
When you agree your Care Plan, you will identify one or more goals to work towards helping to get you where you want to be. They may be short term goals (e.g. something that you can do on a daily basis) or long term goals (e.g. something you can do over time). You are likely to have ups and downs along the way. The important thing is that the goals are right for you and that we can help you to get the right support.

These are the goals I would like to work on:

Who can help me achieve my goals:

Who I can talk to if I feel my goals aren't working:

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and finally...

In developing the well-being passport, a group of people (young people who are/were using our services, their parents, carers and staff) came together to shape the contents. Everyone was invited to write, doodle any ideas or thoughts as they talked. Here are some of their doodles (Huge thanks to everyone for agreeing for them to be used here)

Doodling is a great way to let off steam, to concentrate, to communicate, to relax. Please feel very welcome to doodle where you want, how you want, and if you want to, on your well-being passport.
Over to you... 😊
My Staying Well Plan

What can I do to stay well?

Who can help me?

What things may make me feel safe and well?

Who to contact if I need (more) support?