



# This is my Wellbeing (Mental Health) Hospital Passport



For children and young people with mental health care needs coming into hospital

My name is:

I like to be called:

Hospital number:

NHS number:

Parental responsibility name:

Contact number:

**Reasonable adjustments:** Things that I need to help me and my family access health services

Nursing and medical staff please look at my passport before you do any interventions with me

This passport contains information you need to know about me, things about my life and people in it that are important to me and more information about my wellbeing and mental health and how you can support me

Date completed

by



# Things you **MUST** know about me

Name:

I identify as:

Address:

Date of birth:

GP:

Address:

Parental responsibility name:

Relationship:

Tel No:

Next of Kin:

Relationship:

Tel No:

People that are important to me:

Relationship:

Religion:

First Language :

Allergies:

Current mental health & medical conditions:

Nutrition: Any special feeding / dietary needs:

Other Healthcare Professional:

Name:

Contact number:


# My Emotional Wellbeing

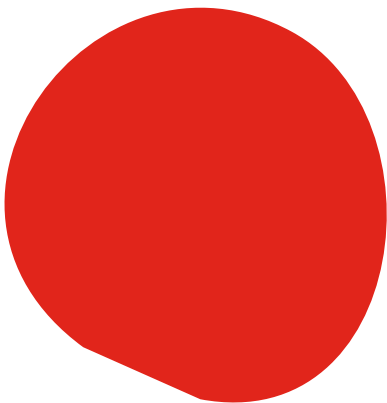
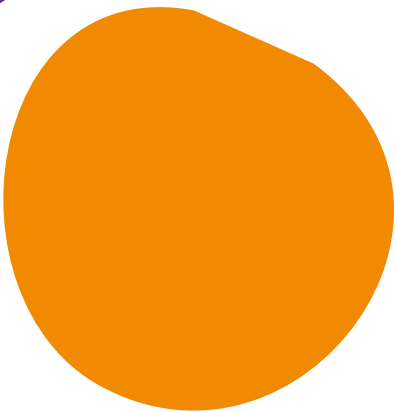
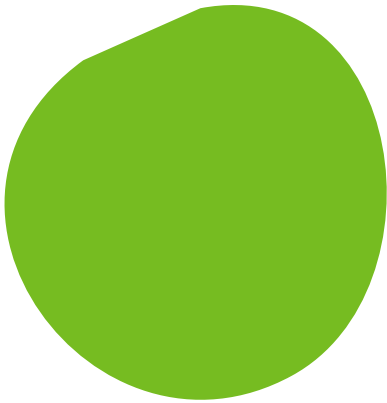
Please add any details or drawings about your emotional wellbeing and mental health that you would like us to know about, and that are important for us to know, to support you. This could include things such as information about your mental health diagnosis and treatment, as well as any other health conditions that affect your mental health.

A large, white, rounded rectangular shape with a small tail at the bottom center, resembling a speech bubble. It is positioned in the lower two-thirds of the page, intended for the user to write their response to the prompt above.

# Early Warning Signs

What things show that you may be struggling with your mental health and wellbeing? For example this may be not eating properly, bad sleep patterns, spending lots of time on your own & pushing people away.

Please let us know what things we can do to help you, when you are struggling, for example "please leave me for 10 minutes and then offer me a chat".



# Coping Strategies

What coping strategies (things you do when you are feeling unwell) do you find helpful when you are feeling distressed?

A large, white, cloud-like shape with a scalloped border, intended for writing answers to the question above. The background is a vibrant blue with abstract geometric patterns, including stars and rays of light.

# Recovery Action Plan

What do I look like when I am in a better mental space?  
This might include things you like doing when you are well,  
for example "I am able to talk to people more".

Are there certain people that you want to be involved?

Are there certain people that you don't want to be involved?

# Crisis Planning

There may be times when you are really struggling to maintain control. Use this plan to help you and to give information to others to help you manage those times.

What does crisis look like for me? For example not keeping myself safe, not taking my medication, not keeping my appointments with my support network, shouting/having outbursts, losing touch with reality etc.

# Things that set off a chain reaction

**Behaviours**

**Thoughts**

**Feelings**

**My surroundings/  
the environment**

# What you can do to support me

Avoid saying phrases.....

Talk to me even if I tell you to go away?

Give me space to process?

Something else?

Other things to avoid me getting worse

**What are my future recovery goals?**

A large, white, cloud-shaped area designed for writing. The cloud has three main rounded lobes and is set against a vibrant green background. The background features a pattern of diagonal lines and small, light-green starburst shapes, creating a dynamic and positive atmosphere. The white area is completely blank, intended for the user to write their personal recovery goals.

# Getting your care right

Use this page to tell us about your treatment preferences

What works?

What does not work?

Are there any things that make your mental health and wellbeing any better or any worse?



Better



Worse

# Anything else you would like to tell us.....

Please use this space to tell us anything else that we might not have already thought about to help you.

A large, empty white circle occupies the center of the page, intended for a user to write their feedback. The background is a vibrant blue with abstract geometric patterns, including stars and rays of light.

**These faces below may help to show how you are feeling. You can use them if you don't feel like talking or writing anything down at any point.**



Happy



Worried



Sad/tearful



In pain



Angry



Tired



Confused



Ill/sick



Frightened/scared



Frustrated

# Questions you may have

Use the space below to write any questions you might want to ask any of the people looking after you while you are in hospital

A large, white, cloud-like shape with a scalloped bottom edge, intended for writing questions. The background is orange with a pattern of stars and rays.

# Further contact details & useful information



**UHB Vulnerabilities Team Advice Line**  
07768 926651

**Birmingham Mental Health & Wellbeing Support line**  
0121 262 3555

**Birmingham Healthy Minds**  
0121 301 2525 or text BHM to 60777

**Saneline**  
0300 304 7000

**Samaritans Helpline**  
116 123

**Mind infoline**  
0300 123 3393 or Text 86463

**Rethink**  
0300 5000927

**BEAT Eating Disorders**  
Helpline 0808 801 0677 Studentline 0808 801 0811  
Youthline 0808 801 0711

**SHOUT**  
text service 85258

**FTB Crisis line**  
0300 300 0099

**SOLAR Crisis line**  
0121 301 2750 (Mon-Fri 9.00-5.00)  
out of hours 0121 3015500

**Young Minds Crisis Messenger**  
85258

**Kooth**  
[www.kooth.com](http://www.kooth.com)

or download the app on your mobile device or tablet

