

Moving to Adult Mental Health Services: transition passport

Moving from child to Adult Mental Health Services (AMHS) might feel like a difficult time. You might feel worried about what to expect, or nervous about your support changing.

- If you live in Wales and get support from SCAMHS, someone should have already told you about transition passports – talk to someone in your care team if not.
- If you live in England, you can use the template in this document to create your own passport. It's not required, but it can be really helpful.

What is a transition passport?

The passport is a document that SCAMHS ask you to fill in to:

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

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 your care and treatment in the future

You can fill it in then give it to your transition worker or care co-ordinator. 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 team and ask them to add it to your records
- Give a copy to a parent or trusted adult

A copy might be shared with your AMHS team, but you can check with someone in your SCAMHS team about this.

If you don't want a copy to be shared with your AMHS team, you should ask your SCAMHS team to remove it from your records.

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

My transition passport

All about me		
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 SCAMHS key worker or care co-ordinator:	Name and contact details of my lead contact in AMHS:	
I want a copy of this passport to be sent to my lead contact in AMHS [Yes / No]		
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 SCAMHS – why I started working with SCAMHS, what types of treatment and support I had:		

Support I've found helpful from SCAMHS:	Support I've found unhelpful from SCAMHS:
My moving on plan	
Worries or questions I have about moving to AMHS:	
Support I want to get from AMHS:	
Things I find difficult and would like to see change in my time with AMHS:	
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 move to AMHS:

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: