

# My Health Passport



**My Mental Health Passport** is an Easy Read sheet that you can add information to about your mental health.

The information below shows you how to use it.



**Mental health** is about

- How you think
- How you feel



You can use your **My Mental Health Passport** to share information about your mental health with others.



You can share your mental health passport when you

- Start seeing a new mental health worker

**Mental health workers** are people who work to help you with your mental health.



- Want other people who support you to know more about your mental health



You can also share your mental health passport when you

- Go to hospital



It is OK if you do not share everything about your mental health.

Only share what you are comfortable with.



You can print your **My Mental Health Passport** and write on it.



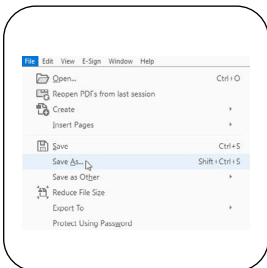
Or you can fill in your **My Mental Health Passport** on the computer.



This is a PDF file. You can view it using Adobe Reader (version 8 or later).

You can download Adobe Reader at <https://get.adobe.com/uk/reader/>

Adobe Reader is a program that lets you view PDF files.



If you fill this out on a computer, to save this form choose File > Save As and rename the file.



You or someone else can write notes in the boxes.



You can ask someone you trust to help you fill in your passport.



Someone you trust might be your

- Carer
- Family member



- Guardian

A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.



- Disability workers



- Advocate

An **advocate** is someone who speaks up to get you the support you need.



Someone you trust might also be your

- Doctor like your GP

A **GP** is the doctor that you see when you

- Are sick
- Need a health check



- Friend



For more information about mental health visit  
<https://idmhconnect.health/about-mental-health-and-id/ER>

# My Mental Health Passport

## About me



My name is

I like to be known as



My date of birth is



My phone number is

I can use the phone on my own

Yes

No

I can send and receive text messages on my own

Yes

No

Tip - on a computer click the box to add a tick.



A **mental health problem** is when your feelings start to worry you.

My mental health problems are



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### What I like

When people talk to me

Background music

Other



### What I do not like

Loud noises

Change in plans

Other





What makes me feel calm

e.g. listening to music.



What makes me feel safe

e.g. being with someone I trust.



How I might act when my mental health is becoming worse

e.g. I do not want to go out with my friends like I normally do.



A **crisis** is when you are in danger or are very upset.

What a crisis looks like for me

e.g. I bite my hand, mumble, become very cross or angry.



What can help me in a crisis

e.g. communicating with someone at home.

To **communicate** is how you understand and share your feelings or information.

# My mental health support

## People who support me



My carers and family



My support workers



My guardian



My GP



Other people who support me

# Mental health care I have had



## Mental health workers I see now

Include

- The name of the mental health worker
- Their job e.g. psychiatrist



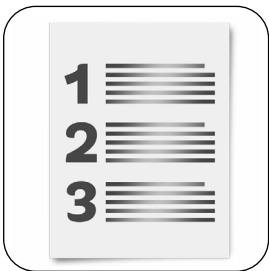
## Mental health workers I have see in the past

Include

- The name of the mental health worker
- Their job e.g. psychiatrist



An **assessment** is when a mental health or disability worker asks you questions about you and your health.



If you have reports about your mental health list them below.

Assessments I have had about my mental health

e.g. Moss Psychiatric Assessment Schedule.  
This is sometimes called a Moss-PAS.



If you have had a mental health problem before you may have had treatments.

**Treatments** are things that can help you feel better.

Treatments can be therapies and medicines.



**Therapies** are activities your mental health workers use to support your mental health.



**Medicine** is sometimes called medication or drugs.

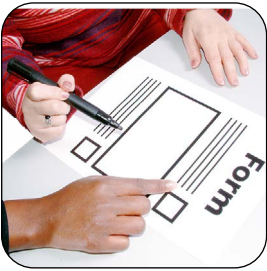
Medicine can be in

- A tablet
- A pill
- A drink
- An injection



It can be helpful for your mental health workers to know

- What treatments you have had
- If these treatments helped you feel better



You can put information about the treatments you have had in the table below.





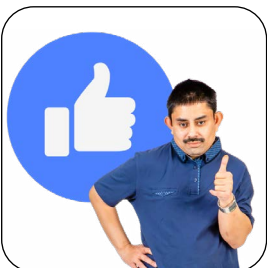
If the treatment helped you feel better you can tick the box under yes.






If the treatment did not help you feel better you can tick the box under no.



If you are not sure if the treatment helped you feel better you can tick the box under I am not sure.



It is OK if you do not want to share everything.  
Only share what you are comfortable with.

Treatments I have had	Did the treatment work?		
	 Yes	 No	 I am not sure
e.g. CBT	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If I have more treatments to include I can print out blank copies of this page.

# Notes



If you think of more information you or someone else can write it here.

# My Mental Health Passport

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## Description of resource

My Mental Health Passport is from the <https://idmhconnect.health/> website. The website has resources that support people with intellectual disability to get the right services and support for their mental health.

For information on how to support people to use Easy Read visit [https://www.3dn.unsw.edu.au/professionals\\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit).

The Council for Intellectual Disability reviewed this Easy Read sheet.



This is a PDF Form. Fill it out using Adobe Reader (version 8 or later) which you can download at <https://get.adobe.com/uk/reader/>

