



Manchester University  
NHS Foundation Trust

Moving on....from CAMHS

# My Transition Plan

**Moving on** Helping You To Help Me.....

Royal Manchester Children's Hospital



# Moving On



## My Details:

Name \_\_\_\_\_

DOB \_\_\_\_\_

NHS No \_\_\_\_\_

CAMHS – AMHS Transition is a purposeful and planned process of supporting young people to move from child and young persons' mental health services to adult mental health services.

My Address: \_\_\_\_\_

My Mobile: \_\_\_\_\_

It best to contact me via: \_\_\_\_\_

My CAMHS Worker is \_\_\_\_\_

CAMHS Contact Number:- \_\_\_\_\_

My New Adult Mental Health worker is: \_\_\_\_\_

AMHS contact number:- \_\_\_\_\_

## My Key Contacts

GP: \_\_\_\_\_

Support Person (Name and Number) \_\_\_\_\_

College / Work \_\_\_\_\_

***In an emergency please attend your local A&E Department***

## This is me....

My personal circumstances including family and carers are (Where I live, who I live with, what I do, who helps me, what benefits I have)

My strengths are

My hopes for the future are

What I want to achieve in the next few years is



I am into (Music, Dance, Arts, Science, and Gaming etc).

The reason I came to CAMHS was

The help I received from CAMHS was

This was to help me with

What worked well for me at CAMHS was

What could have been better was

- what risks there are to your own wellbeing and safety and to the safety of others
- what support should be provided to you if you find yourself in crisis
- any needs you may have as a result of problems with alcohol or drugs

How do I feel about moving on from CAMHS?

The things that would help me move on are?

### **The info you need to know about me are ...**

I can cope well with

I would like some help with

My Health at the moment is

I receive medical treatment for physical health, including medication which is  
(No- Yes please describe)

I receive medical treatment for mental health difficulties which is

### **Now I am moving on**

I can help me by

My Family / carers / support systems (friends / workers can help me by

My Work / College can help me by

My New Mental Health worker can help me by

## Some of the other things I may need help with are:

My financial needs (No – Yes describe)

My housing needs (No – Yes describe)

My employment, education and training needs (No – Yes describe)

I consent to a referral to be made to adult mental health services on my behalf

**Name**

**Signature**

**Date**

I would like Adult Mental Health Services to share any information about my care plan with; (e.g Parents, Partners)

## Keeping Me Safe

In order to help me in the best way possible, what does my new worker need to know about me? Especially when things get difficult for me or I am in crisis

When I am struggling or in crisis the things that you should be worried about for me are



## Keeping Me Safe

The things you should be worried about for other people are (i.e my family, friends, strangers)

How can other people recognise if I am struggling or not coping?

My helpful coping strategies are

What can I do to look after myself? / What are the strategies that have helped in the past or that I will try out?

What can those around me do to help me if I am really struggling?

# Keeping Me Safe



## Who else can help?

NHS Direct: Tel: NHS 111

[www.nhs24.com/contactus/](http://www.nhs24.com/contactus/)

## Carers / family support workers

42nd Street

Tel: 0161 228 7321

[www.42ndstreet.org.uk/](http://www.42ndstreet.org.uk/)

Head Space App

[www.headspace.com/](http://www.headspace.com/)

Mood Juice

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

Papyrus

[www.Papyrus.uk.org](http://www.Papyrus.uk.org)

Samaritans

116 123

[www.samaritans.org/how-we-can-help-you/contact-us](http://www.samaritans.org/how-we-can-help-you/contact-us)

The Sanctuary

Telephone 0300 003 7029

[www.selfhelpservices.org.uk/sanctuar](http://www.selfhelpservices.org.uk/sanctuar)

CALM (young Men's support)

0800 58 58 58

<https://www.thecalmzone.net/help/get-help/mental-health/>



## My crisis plan is?

I will:-

My family / carers / other supporters will:-

My Mental Health worker will:-

My Next appointment is?

My Emergency contacts are

**If you/ your support network cannot keep you safe when you are struggling or in crisis please ring or go to an Accident and Emergency Department.**



### **Advice: for Young People who are struggling:**

Try to talk to people about what is happening. Often people close to you want to support you and would welcome a chance to talk openly about your concerns.

If it's hard to put into words, work out with family/ Carers / friends a way to let them know if you are really struggling. (Show a red card, text "could do with a chat" or chose an emoji to send / show that lets people know you are struggling

If there is something going on at home or somewhere else that you are worried about, tell someone at college, work or someone you trust as soon as possible

Try to spend less time alone. Spend time with your friends and family.

Plan things to look forward to, even small things.

Think about ways to care for yourself or things that make you feel good. Everyone is different, for some it is relaxation, listening to music or for others it can help to help others.

### **Advice: Parents/Carers/ Friends who are worried about a r Young People who is in crisis or struggling:**

If you are worried about self-harm / suicide it is important to keep the environment as safe as possible.

Keep all medication, including over the counter medication in a safe place. You may need to lock these away along with any very sharp objects.





## **Try to speak about what has happened.**

If you are feeling very angry or upset about what your teen has done or said, try to deal with these feelings away from them and talk with your friends, partner or the other parent.

When talking to your teen, try to stay away from expressing blame. Instead it is important to let you know how concerned you are for them and that you are there for them if they are struggling.

Be extra vigilant about where your teen is and what they might be doing. Encourage them not to spend too much time alone.