

My Mental Health Passport

Personal Information

- Name
- Preferred name
- Pronouns
- How I would like to be addressed
- Date of birth
- NHS number (if known)
- Emergency contact(s)

Mental Health Information

- Diagnosed conditions and when diagnosed
- Medications
 - Current
 - Previous
- Side effects
- Day to day struggles (i.e. getting out of bed, anxiety in social situations, personal care, diet etc)

- Triggers (date/time, situation etc)

- Therapies and treatments
 - Current

 - Past

- Support services (i.e. SAMH, Social Work)

- Effective coping mechanisms (i.e. deep breathing, distraction, mindfulness)

Education / Employment History

- Education (school/college/university)
- Previous Employment (role/employer/dates/job responsibilities)

About Me

- Interests and hobbies
- Strengths and talents
- Favourite activities

Additional Information

- Physical health diagnoses

- Physical health medications

- Known allergies

- Cultural and religious considerations
 - Cultural practices

 - Religious beliefs

 - Dietary restrictions

 - Important holidays or observations

