

Emerging Minds

National Workforce Centre
for Child Mental Health

Care plan for children and young people



My details

If my parent or legal guardian is unwell or I am worried or upset I should call:

Kids Helpline 1800 55 1800
Emergency 000

About me

Name: _____

My phone number/s: _____

My parent's phone number/s:

Name: _____

Number: _____

Name: _____

Number: _____

Other family members' phone numbers:

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

My address:

Date of birth:

Brothers' and sisters' names and ages:

My school/child care:

Name:

Number:

Please ask to speak to:

Year/grade:

My doctor's name and phone number:

Name:

Number:

Name:

Number:

My Medicare number:

My medication (if I take any):

My allergies:

Illnesses or special conditions that I have:

If my parent or legal guardian gets unwell and I need to stay with someone else for a while, it will be one of these people:

Name:

Number:

Name:

Number:

Name:

Number:

Name:

Number:

These people have agreed it is ok for me to stay with them.

Yes No

My parent has agreed it is ok for me to stay with them.

Yes No

I know how to get there (e.g. bus, taxi, getting picked up).

Yes No

My parent knows how to contact me if I am there.

Yes No

Things I will take with me if I am staying away from home:

E.g. favourite clothes, a family photo, school bag, school books, school uniform, my own pillow, favourite toy, toothbrush, diary, music.

When I am worried or upset you will notice that I:

Please help me to feel supported by:

Things I like and dislike

Here is some information about what I like:

My favourite and/or disliked foods/drinks:

My hobbies and stuff I like to do to relax:

The things I dislike or may make me worried, frightened or upset:

My cultural or religious customs (e.g. do you go to church? When and where?):

My favourite TV shows and movies:

My favourite books or magazines:

My favourite music or bands:

My favourite sports or teams:

Organising my week

Here is a calendar to fill in the things you do each week (e.g. after school activities, seeing friends, appointments, etc.):

Monday:

Morning:

Afternoon:

Evening:

Tuesday:

Morning:

Afternoon:

Evening:

Wednesday:

Morning:

Afternoon:

Evening:

Thursday:

Morning:

Afternoon:

Evening:

Friday:

Morning:

Afternoon:

Evening:

Saturday:

Morning:

Afternoon:

Evening:

Sunday:

Morning:

Afternoon:

Evening:

Finances

Where will I get money from?

Talk to your parent or legal guardian first, or ask your support worker to help you find out if you are eligible for financial assistance.

What do I need money for?

Bus: _____

Lunch: _____

School expenses: _____

Music or sport lessons: _____

Other: _____

Staying Connected

If my parent or legal guardian goes to hospital, I know that I will be able to:

- visit when they are well enough
- speak with them regularly by phone when they are feeling well enough
- see photos of them regularly
- write to them
- other:

Delivery partners:



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program

Signatures

Me:

Name: _____

Signature: _____

Parent/legal guardian:

Name: _____

Signature: _____

Parent/legal guardian:

Name: _____

Signature: _____

Support worker:

Name: _____

Signature: _____

Details of people who have a copy of this plan:

Name: _____

Organisation (if applicable): _____

Phone number/s: _____

Name: _____

Organisation (if applicable): _____

Phone number/s: _____

Name: _____

Organisation (if applicable): _____

Phone number/s: _____

Name: _____

Organisation (if applicable): _____

Phone number/s: _____

This plan was developed by the Children of Parents with a Mental Illness (COPMI) national initiative and reviewed by Emerging Minds in 2018. It is based on a children's plan developed by COMIC (Children of Mentally Ill Consumers) with the support of many people who assisted in its development and review. This is gratefully acknowledged.

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