



The **mental health passport** not only gives young people space to record their own mental health information, taking **ownership** over their own wellbeing, but it includes an **online emoji journal** where young people can track how they are feeling. They can also find **signposting** information of where they can go to access help and advice, linking to STAMP's **#NotTheOnlyOne** campaign.

Through the launch of this much needed resource STAMP hope to support young people to better navigate the complexities of the world of mental health, something which has come up time and time again as a need through their consultations with young people.

#NotTheOnlyOne



Chilypep's STAMP group are a group of young people trained to be **Young Commissioners for Mental Health Services in Sheffield** under the Local Area Transformation Plan.

STAMP have been working with young people and local mental health services to design a **mental health passport**.

The online passport gives young people a space to record their own mental health journey, whilst also providing clear and consistent information to service providers and professionals.

Watch this space for Chilypep's launch of the mental health passport!

<https://www.mymhp.org.uk/>

www.chilypep.org.uk

"The mental health passport helps young people take ownership of their own mental health, giving them a voice and a choice around their own wellbeing and services they receive"



Celebrating 70 Years of Progress in Mental Health across the North of England