



My details

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

Name	Phone number/s
Kids Helpline	1800 55 1800
Emergency	000

About me

Name:

My phone number/s:

My parent's phone number/s

Name: Number/s:

My parent's phone number/s

Name: Number/s:

Other family members' phone numbers

Name: Number/s:

Name: Number/s:

Name: Number/s:

My address:

Date of birth:

Brothers and sisters names and ages:

My school/child care:

Phone number:

Please ask to speak to:

Year/grade:

My doctor's name and phone number:

Name:

Number:

Name:

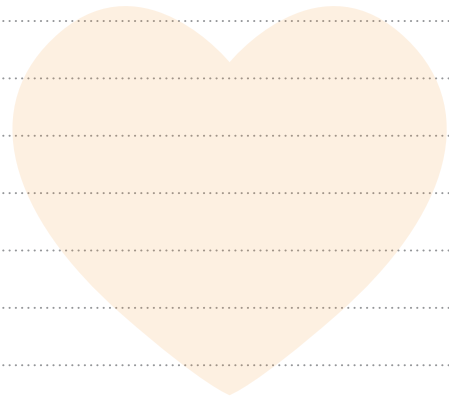
Number:

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:

<i>Name</i>	<i>Phone number/s</i>

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

Yes No

My parent/s 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:

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

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

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Please help me to feel supported by:

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Things I like and dislike

Here is some information about what I like:

My favourite foods and disliked foods:

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My hobbies and stuff I like to do to relax:

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

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

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My favourite TV shows and movies:

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My favourite book or magazine:

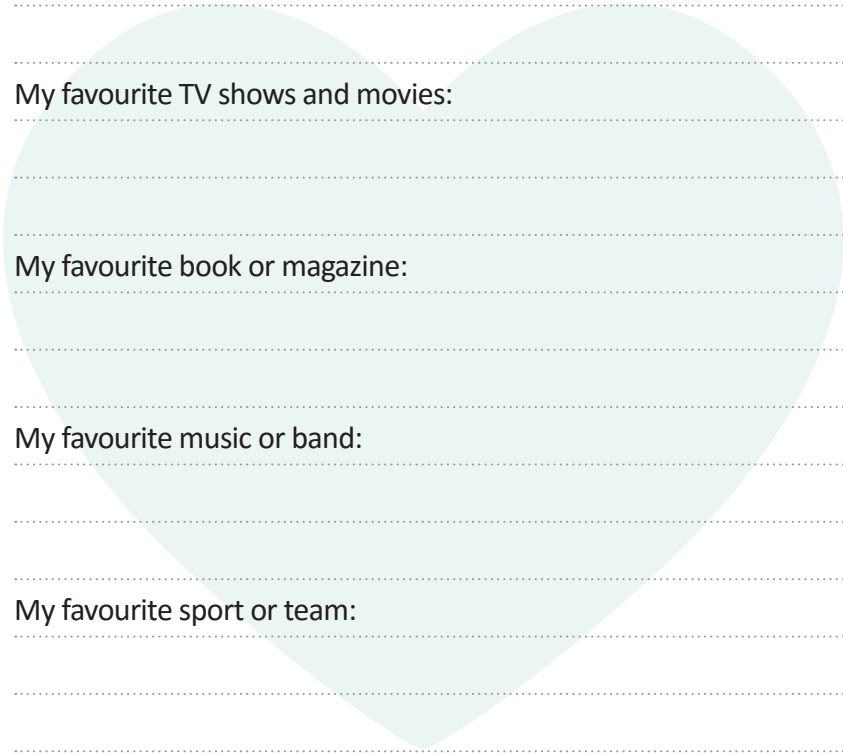
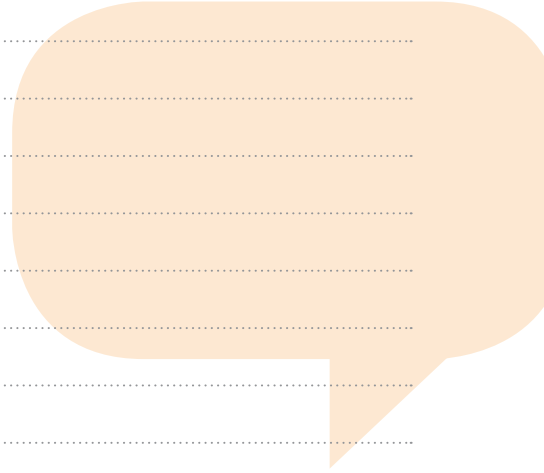
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My favourite music or band:

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My favourite sport or team:

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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.):

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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 letters to them.
- Other:

Please add any additional information here:

Signatures

	<i>Name</i>	<i>Signature</i>
<i>Me</i>		
<i>Parent/legal guardian</i>		
<i>Parent/legal guardian</i>		
<i>Support worker</i>		

Date

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Details of people who have a copy of this plan:

<i>Name</i>	<i>Organisation (if applicable)</i>	<i>Phone number/s</i>

This plan was developed by the Children of Parents with a Mental Illness (COPMI) national initiative. 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.

The COPMI national initiative is funded by the Australian Government.