

'Moving on  
&  
Keeping happy'



Your guide to Transition and good mental health



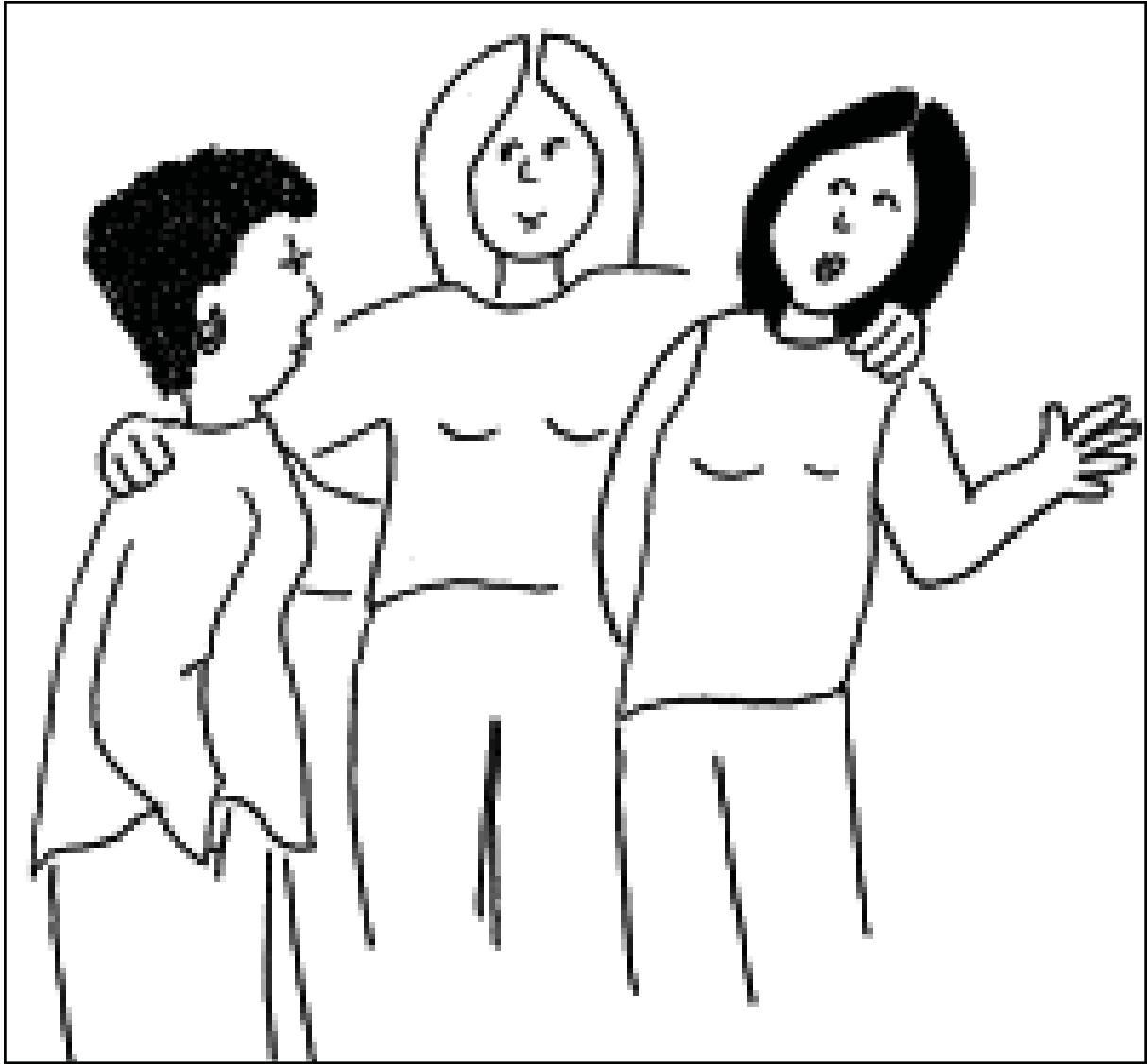
This guide has been written to help you plan for your future.

It is for young people with learning disabilities who may have mental health problems or behaviour problems.

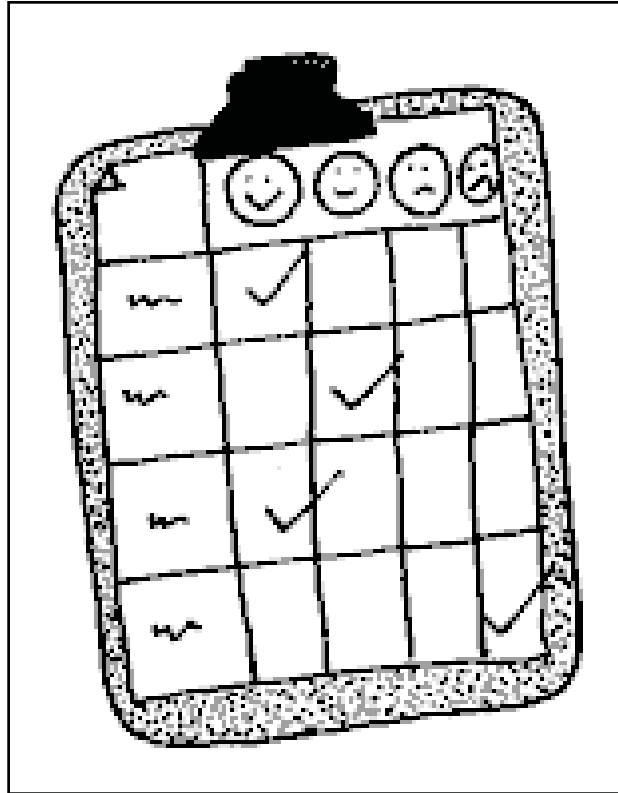
It's ok to share this with others.



If you have a statement of special educational needs your Head Teacher will arrange a Transition Meeting.



Your first Transition Review Meeting should happen in Year 9 (age 14) and then every year until you leave school.



## The Transition Review Meeting should tell everyone:

- . What help you need.
- . What you like or don't like.
- . What should happen.
- . When it should happen.
- . Where it should happen.
- . Who should do it.

# Here are some people who can come:



You



Your Family or carers



Your Head Teacher



Other teachers at your school



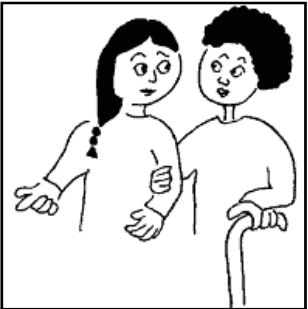
Your school nurse



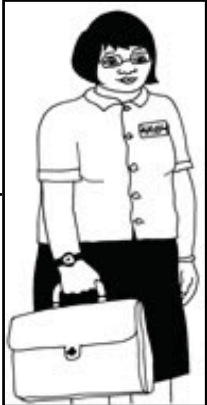
Your Connexions Personal advisor



Your Social worker



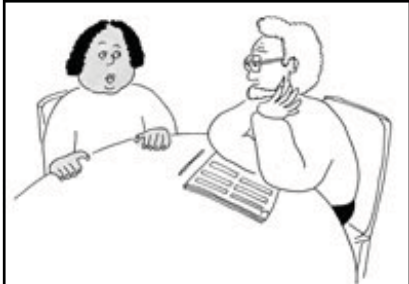
Your advocate



Your Learning Disability Nurse



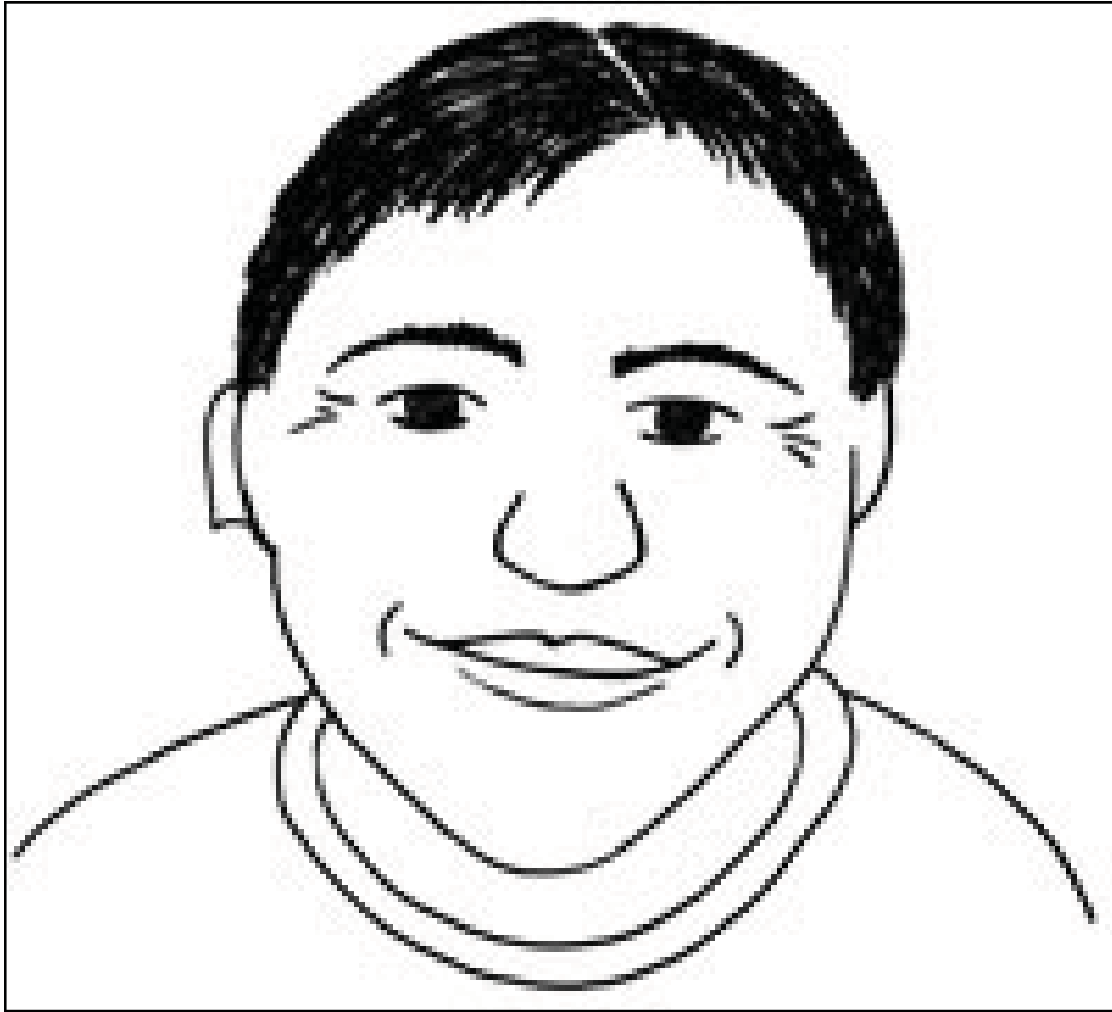
Your psychiatrist



Your <sup>6</sup> psychologist



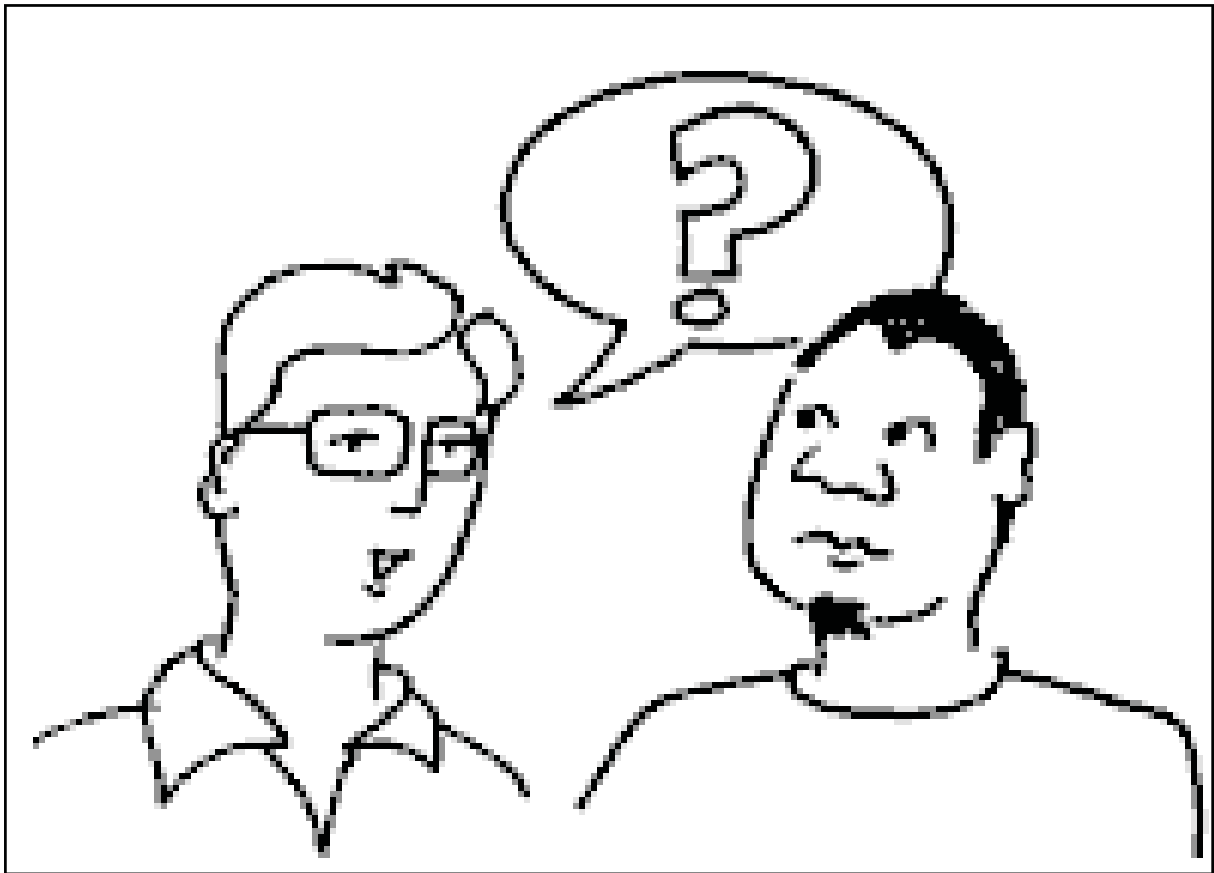
Someone you know well should help you to plan for when you leave school.



They should know what you need to feel healthy and happy.

If they don't know the answers then they should know who to ask.

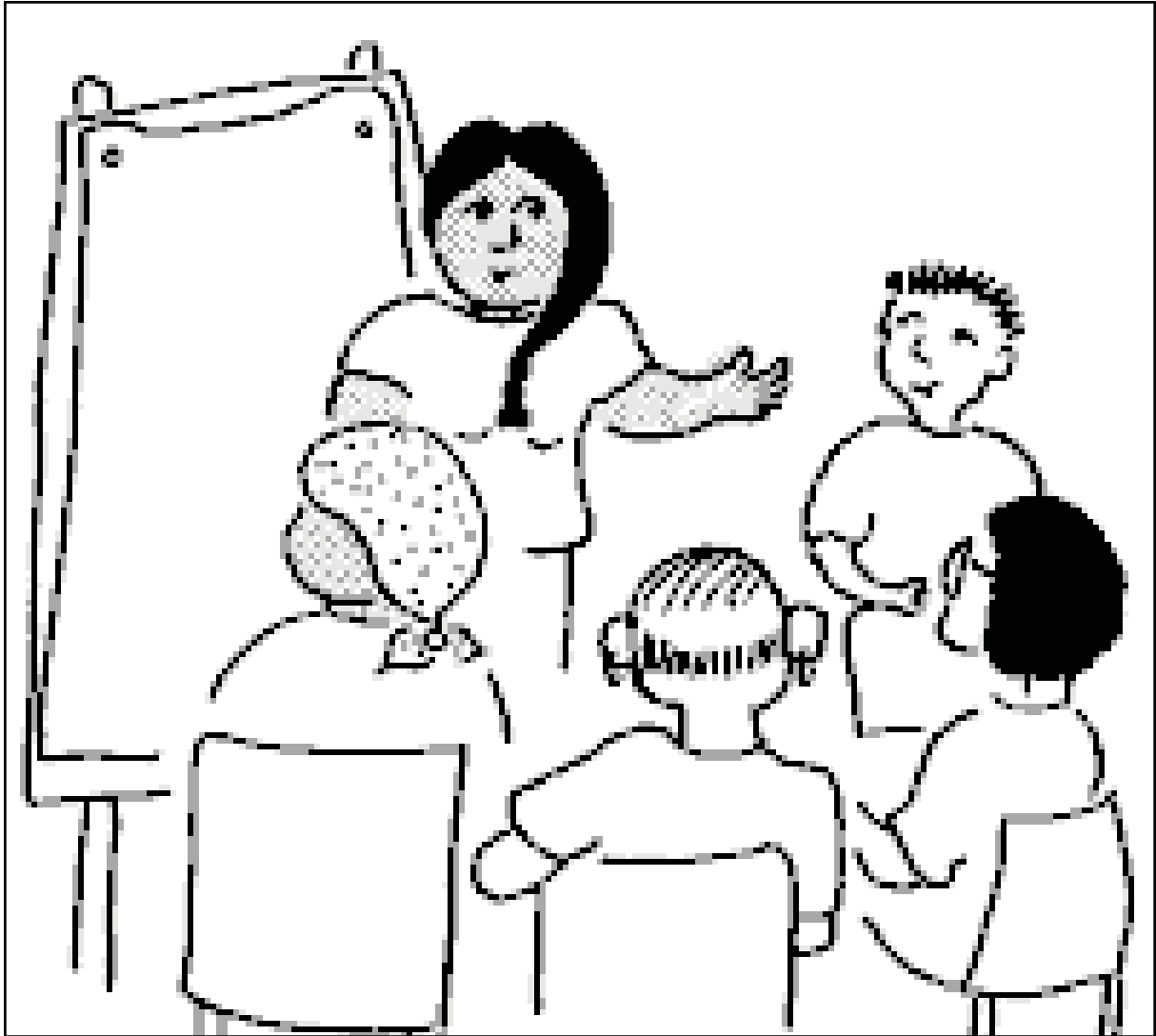




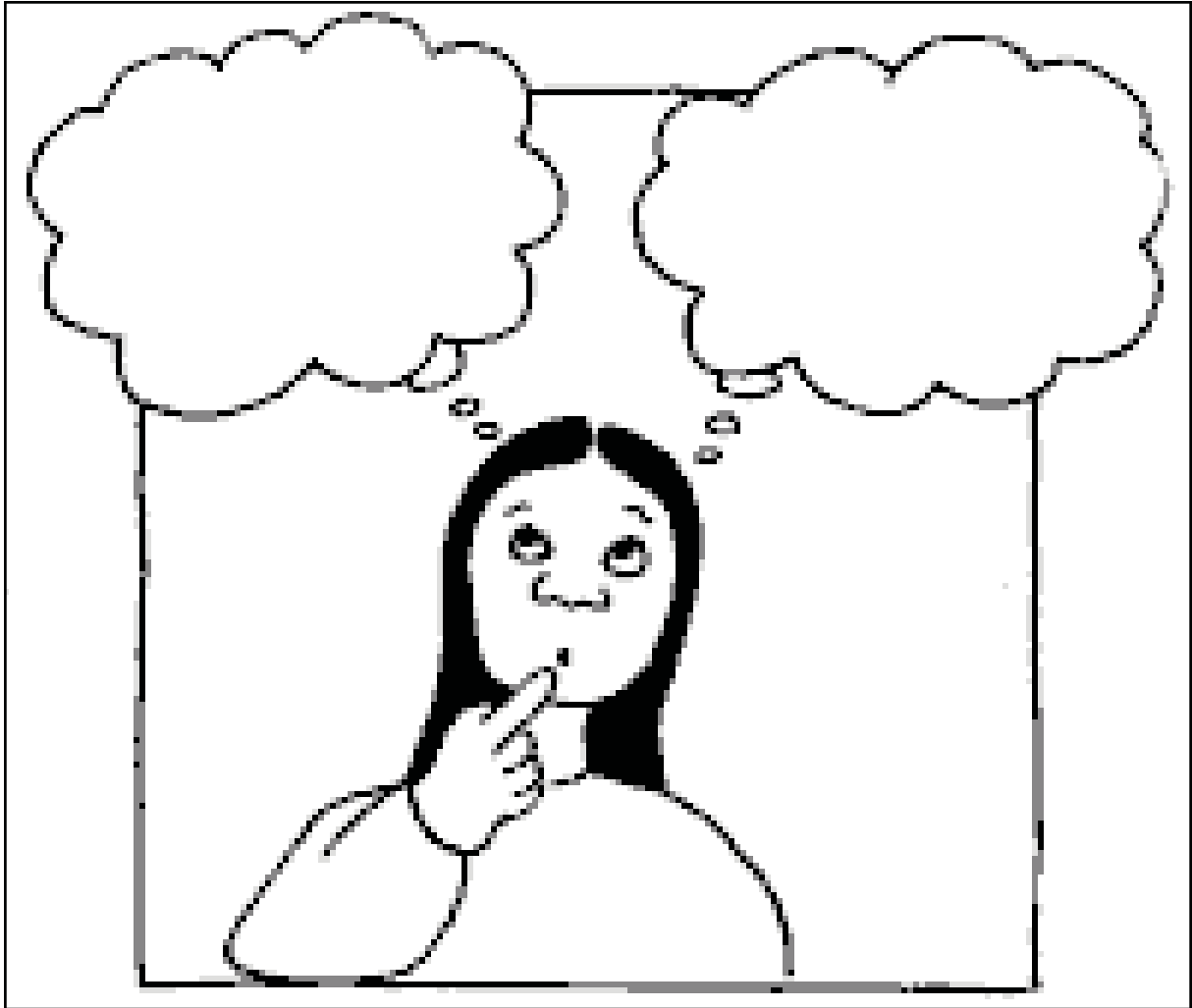
Everyone should communicate  
with you in a  
way you understand.



Everyone should listen to what  
you say.



Everyone should work together  
to help you get what you want.



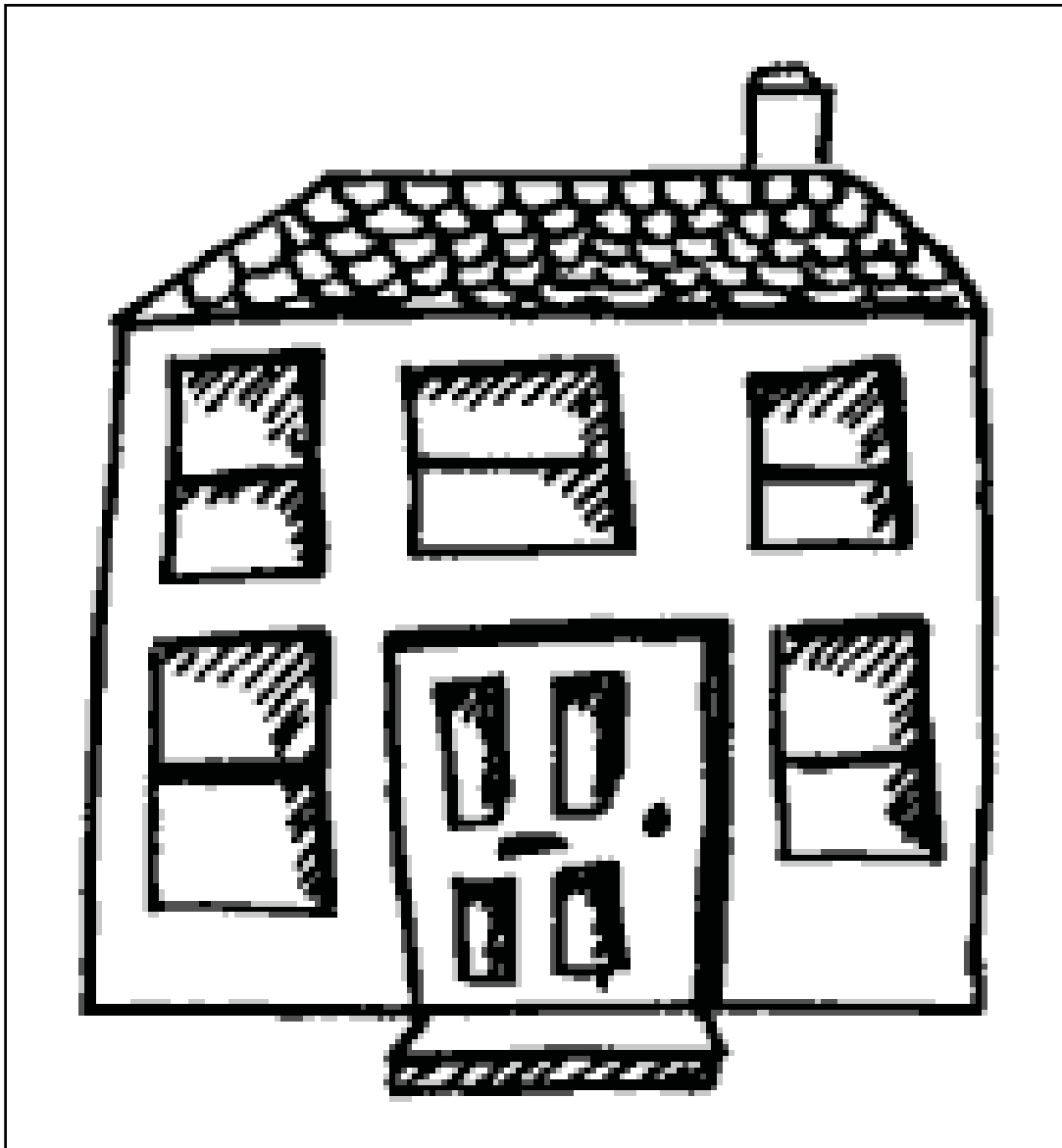
You should get help to say what you think if you need it.



Your Head Teacher must write down everything that has been agreed with you.

This is your Transition Plan.

They must give you a copy.



Your Transition Plan should say where you want to live and who with.



Your Transition Plan should say what you like doing in the day and in the evening.

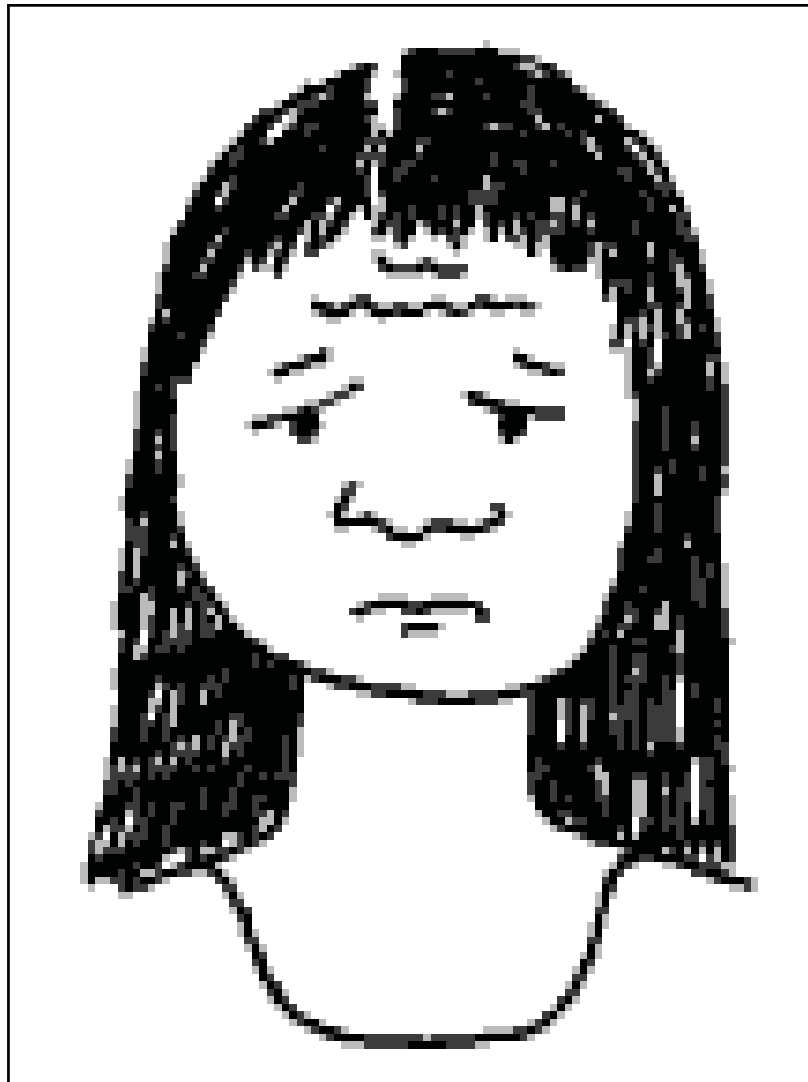


Your Transition Plan should help you get the support you need.





You should always be asked to say what you think about any plans that are made for you.



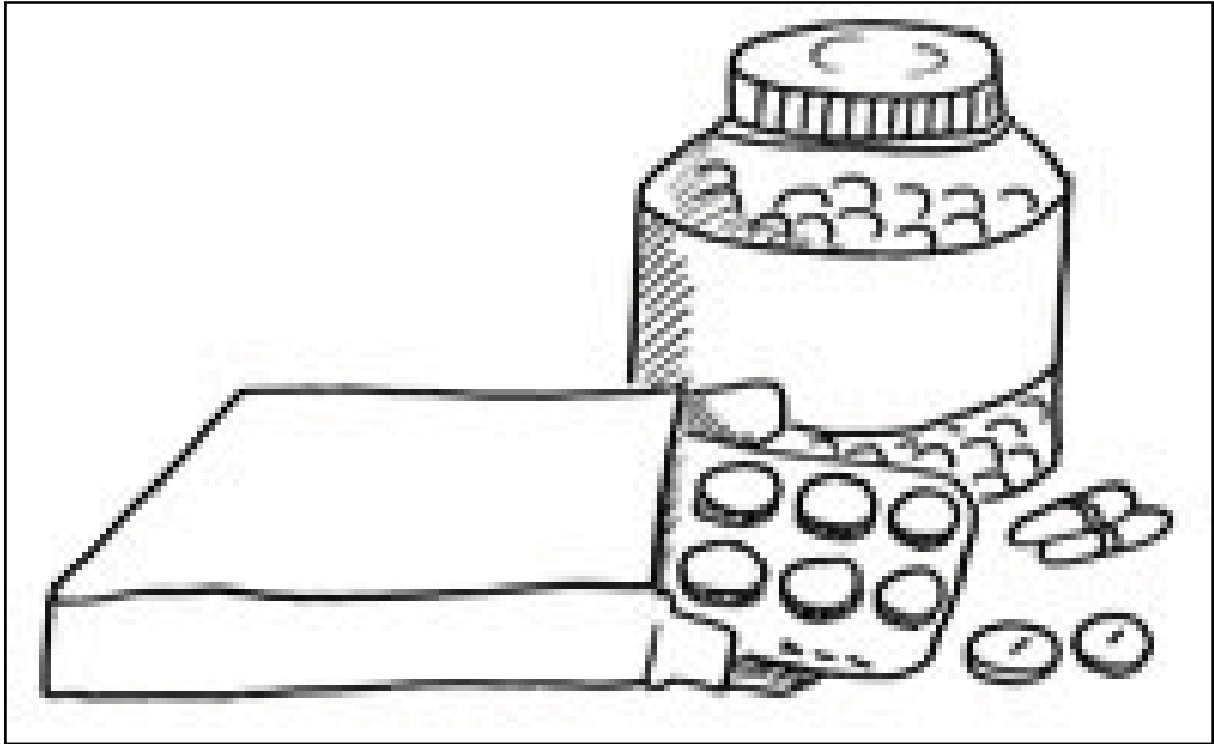
Your mental health is as important as your physical health.

Your mental health means your feelings thoughts, moods and behaviour.



Some people need extra help to have good mental health.

Psychiatrists, psychologists, learning disability nurses and mental health nurses are specially trained in mental health.



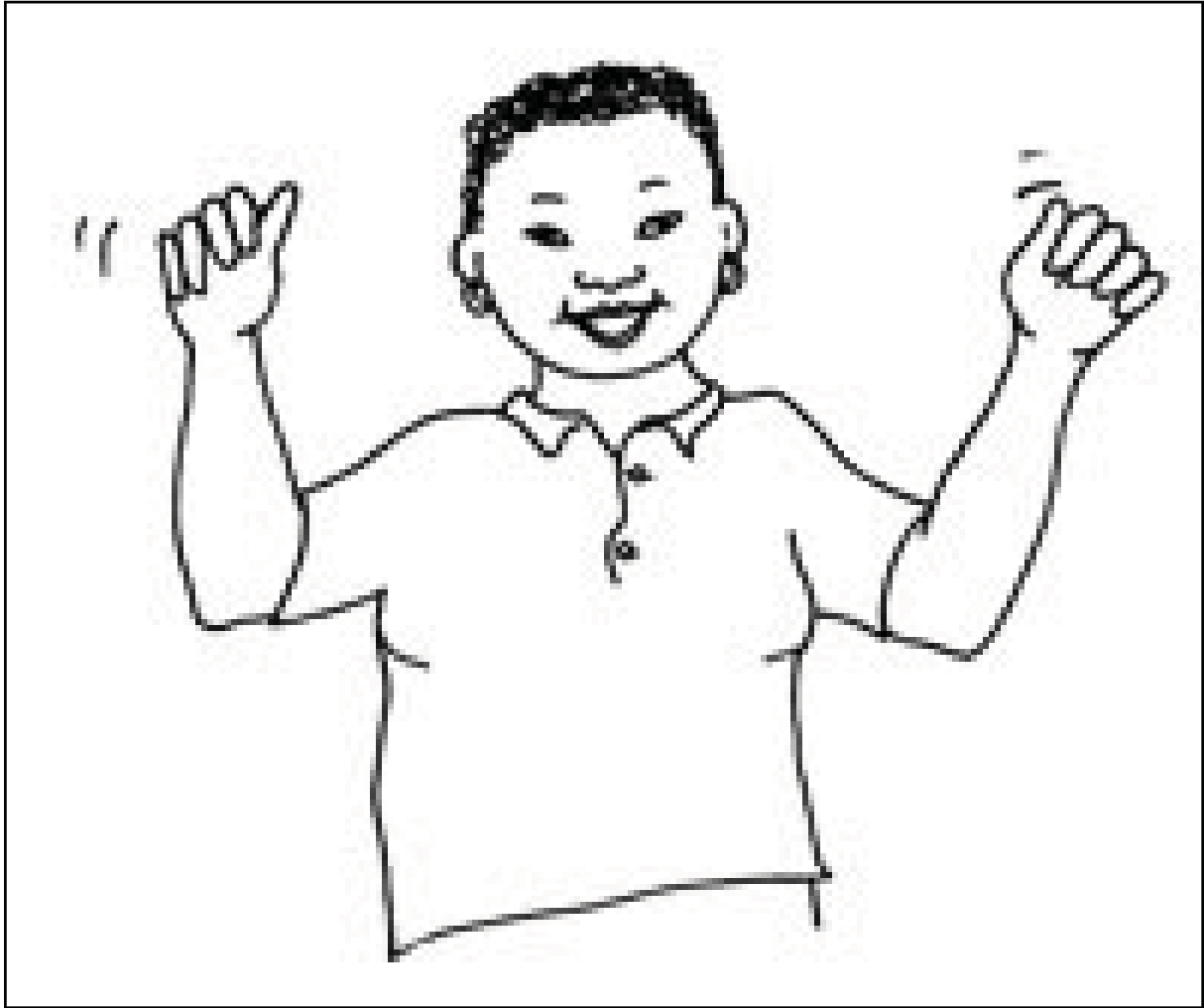
Some people need to take  
medicine to make them feel  
better.



Some people need advice to  
make them feel better.



We all need someone to listen to us who understands the way we feel about things.



**Your mental  
health is  
important!**

This book was designed by The H Team,  
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Thanks to CHANGE Picture Bank &  
CHANGE Health Picture Bank for  
the pictures.



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