

LH Supervision

Intervention Passport

A shared support document for young people aged 11–16

Young Person Details

Name: _____

School / Setting: _____ Year Group: _____

Date Started: _____

Review Date: _____

This passport is used by:

Young person School Home Professionals

1. What I'm Being Supported With

(Emotions, relationships, learning, wellbeing)

Support or Intervention in Place

(e.g. counselling, mentoring, check-ins, adjustments)

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2. Support Dates

Date	Type of Support	Who With	What Helped

3. Tools I've Learned Through LENSS Work

- Breathing to calm my body
- Grounding using my senses
- Safe place imagery
- Emotional scaling (0–10)
- Regulation breaks
- Talking things through
- Writing / drawing
- Other: _____

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4. How I Use These Tools

At school – what helps me:

Lessons I find most challenging and why:

At home – what helps me:

When I feel overwhelmed, adults can support me by:

5. Early Signs I Might Be Struggling

- Withdrawal
- Irritability or anger
- Tearfulness
- Avoidance
- Physical symptoms
(headaches, stomach aches)
- Other: _____

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6. Helpful Resources & Support

In school: _____

At home: _____

External / professional: _____

7. Important Notes for Adults

This Mental Health Passport supports shared understanding between the young person, school, home, and professionals. It is intended to be updated occasionally and exists to create opportunities for non-judgemental, healing conversations.