

ALL ABOUT ME



headspace toolkit

Your Right to Know
(and Your Right to be Heard).

For young people who are inpatients of psychiatric units.

For when you have just arrived, a way for you to easily let staff know what is important to you

My Name:

Name I like to be known as:

Things that I like to do:

Any special dietary needs I have:

Things that help me when I am feeling upset:

Things that help me when I am feeling worried or anxious:

Things that help me to sleep at night:

Situations where I feel like I need help:

Things that scare me or cause me pain:

Other things that I want you to know about me