

# POWER TOOL 4

## LOOKING OUT FOR MYSELF



# headspace toolkit

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

For young people who are inpatients of psychiatric units.

Whether you may be on home leave, visiting town, or be on a short walk, this tool is to help you to plan how to look after yourself during the times when you are on your own.

I feel vulnerable when on my own in these situations:

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These are the signs that I am feeling vulnerable:

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I can do these things to keep myself safe:

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These things are not good for me to do:

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Other people can do these things to help me:

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I would like a copy of this form to be placed on my medical records and given back to me please