

IT'S YOUR MEETING



headspace toolkit

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

For young people who are inpatients of psychiatric units.

Making the most of meetings about you, whether you are at it or not.

You need to feel comfortable in order to express yourself and make the most of your meeting or review. Use this tool to think about what you want to be discussed at the meeting and any statements you may wish to make.

When you have filled it in you may wish to give it to a unit staff member to be presented and read on your behalf or if it is a meeting you are attending you may wish to read it yourself.

Date of meeting:

Type of meeting:

I would like the following to be discussed, please:

Medication

Other treatment

(Please explain if possible)

Time off unit/at home

(Please explain if possible)

Review/discuss my Care Plan - The bits I want discussing are:

I think that the best way forward is:

Also I would like the following discussed:

I would like these people to be invited to my meeting:

Please can I have someone to make basic notes for me to have after the meeting.