

Speak4Yourself Card

What I find difficult

- I struggle to understand jargon and most acronyms
- I find busy environments hard to cope in when speaking to someone else
- I get extremely anxious about the tiniest thing e.g. seeing someone from the mental health drop-in
- Being in new situations where I don't know what to expect can cause my anxiety to flare up
- I don't like being given vague information or instructions

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How you can help me

- Speak clearly to me, using plain English
- When meeting me in person, please find a venue that's quiet and not too brightly-lit
- Please take into account my anxiety by trying to avoid conversation topics that could see it flare up e.g. relationships
- Please give me information on what you want from me beforehand, so I can prepare for it in advance
- Please be specific when giving me information

My name is: John Hyphenated-Surname

I identify as: Autistic, having mental health problems, gay, male