Speak4Yourself Card:
Please fill in this form

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| --- | --- |
| **Name:** |  |
| **Email address:** |  |
| **What do you find difficult?** Please write down up to six things you need help with in the box below e.g. talking to someone face-to-face, understanding jargon |
|  |
| **How can you help me?** Please write down up to six things that people can support you with e.g. being calm, speaking clearly |
|  |

When you have finished this form, please email it to selfadvocacy@advonet.org.uk. Then, we will email you your cards to use on your phone and/or tablet or send printed copies to you in the post.

If you want printed cards, please let us know where you would like them to be delivered to.