Speak4Yourself Card:   
Please fill in this form

|  |  |
| --- | --- |
| **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](mailto: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.