

WHAT IS THIS TOOLKIT?



This toolkit is for you.

- It is here to help you through everything during your stay.
- It is about helping you to take part in the decisions made about you.
- It is for making sure your rights are upheld.
- You can use it on your own or you can use it with help from an adult that you feel comfortable with.

Staff at your unit will try to help you to feel as included as possible in decisions made about your care and treatment. Sometimes, however, you may still find it difficult to get yourself properly listened to. This toolkit has been designed especially for you to use to help you to be heard and to feel more involved in deciding what happens to you during your stay.

THIS BOOKLET

This booklet provides you with basic information about being an inpatient: what the law says; your rights; who you can talk to; how to speak up (self advocate) and get others to listen; what to do if you are not happy with your service; and other information that we hope you will find useful. If you have questions (and you may well do so) then we tell you how to get them answered, including getting help from the Power Tools...

THE POWER TOOLS

The loose sheets are a load of practical tools for you to use. We have called them Power Tools because they are there to help you to have more power over your care and treatment. They will help you to have more power because:

- They will make sure that mental health staff and other adults in your life are listening to what you have to say.
- They will help you to more effectively find out what else you want to know about what's happening with your care, treatment and general circumstances as an inpatient.
- They will help you to work out what you want to happen with your care, treatment and circumstances.

The Power Tools will help you to get your point of view across when it matters most.

