

Preparing for my first visit to a Mental Health and Wellbeing Local

HOW I COMMUNICATE



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This checklist helps you choose how to communicate at the MHWL and prepare for your visit. It also includes your physical and sensory needs that may affect your experience

Will you communicate verbally during your visit?

Yes

No

Some of the time

With support _____

Other _____

Do you want to use any of these type of communication supports when communicating with mental health workers?

Typing

Communication App _____

Pen and Paper

Auslan/Key Word Sign

Do you need an interpreter? Yes No

Other _____

No

Which activities do you need more time for:

Reading

Thinking

Making a choice

Remembering

Other _____

None of these

Do you have any sensory access needs?

This can include smells, like coffee, seating preferences, movement breaks, lighting, and sounds.

Do you have physical access needs?

If you need support with thinking, remembering and making choices, the next section has some questions to answer to help you to prepare.

The worksheet has space for you to make notes before your appointment to help you to remember and communicate clearly with the mental health professional.

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