

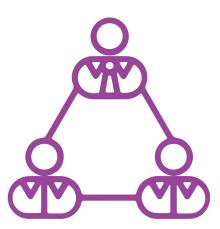
To be heard you need:



- To know yourself
 (What do I want / need?)
- Information
 (Do your research)
- Support
 (Who can help me? Ask them!)



- Priorities
 (What is most important / not so important)
- Be prepared (Write things down. Bring your paperwork)
- Confidence
 (My opinion is valid)
- Assertiveness (Practice your message)



- Communication skills
 (Listen and ask questions)
- Problem solving skills
 (what can I do if things don't go my way?)
 - Know your rights
- (Learn more e.g. on https://reimagine.today/step-1/disability-and-psychosocial-disability/)