



# Self-Advocacy

Skills to be Heard

## 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/>)*

