

MENTAL HEALTH Minnesota

The Voice of Recovery

Re-evaluate your goal.

Ask for the person's supervisor if necessary.

Ask for a referral to another person or agency that might be able to help.

If you are not satisfied with the initial resolution:

BE IN CHARGE!

SELF-ADVOCACY

Speak slowly, calmly, and clearly.

Ask questions if you do not understand something.

Follow up if you do not hear back within a reasonable amount of time.

BE IN CHARGE!

SELF-ADVOCACY IS THE ACT OF SPEAKING UP FOR YOURSELF AND YOUR NEEDS. BELOW ARE SOME TIPS FOR BEING AN EFFECTIVE SELF-ADVOCATE:

Get Support. Are there family members or friends you can ask for support?

Clarify the issue. Take a good look at the issue you are facing.

Explore your options. What are different ways you could change the situation?

Develop a plan. List the steps you need to take and organizations to contact.

Prepare before you act. Gather any relevant documents and keep them with you.

Speak up. Explain your conflict as clearly as you can.

Take notes. Keep records about whom you contact, the outcome, and next steps.

> BE YOUR OWN ADVOCATE