My preparation notes, thoughts and questions...

It's OK to feel worried or nervous before an online or telephone mental health appointment.

This guide offers ideas, suggestions & practical tips to help you (or a young person you know) prepare for an online or telephone mental health appointment.

YMCA Right Here has created this guide, based on the recommendations from young people, across Sussex, who participated in a research project called Ready, Set, Connect! Find out more about this research here

Guide produced by:





healthwotch Brighton and Hove

Struggling to cope?



SAMARITANS
Call us free 24/7 or
116 123
samaritans.org

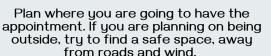




What you can do...

In the weeks before:

Write down any thoughts, feelings, questions that you might like to share in your appointment.



You might like to tell someone you trust about the appointment so you can talk to them after about your experience.

Plan to give yourself some time before and after the appointment.

Read through any information you are given about how to access the appointment and check your phone/device will be suitable.

Privacy & Confidentiality



Your professional will have taken steps so that your appointment is kept confidential (even if they are in their own home).

They may have to tell someone if they think you or someone else might not be safe. Usually the professional will try to let you know first.

In the hours before:

Watch 'Gettina readu for

uour online

session'

Wash your

face, brush

uour teeth

& hair to

help you

feel

'readu'.



Tech checklist:

- Test your mic & speaker
- Check uour device is charged
- · Turn off anu distracting notifications



Scan me

Follow a short breathing exercise video to help you relax





Not sure what to expect in your appointment? On the Young Minds website you'll find guides to mental health services.





If you need to ask for time off school, college or work, tru to give them as much notice as possible. This will give them more time to support you

to catch up.

During your appointment:

Know that it is normal for the odd glitch to happen, or a long pause, or people talking over each other...

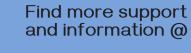
If there is anything you don't understand, you can ask guestions, "Can you explain that to me ...?"

After your appointment:



Speak to your trusted person to let them know how it went.

You might like to have some time away from the screen and go for a walk.







Switchboard

Connecting you to LGBTQ support