

Self-Advocacy Worksheet 2:

Preparing for a Meeting/Appointment

Appointment Details

Date: *Place:*.....

The appointment is with:

.....

What is/are their role(s)/job title(s)?:

.....

Reason for the appointment:

.....

Questions/Points I want to raise/Symptoms I want to mention:

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*Information I need to take with me (e.g. OCD Action's GP card;
Getting a Referral to a Nationalist and Specialist OCD Service)*

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