My concerns and strengths

Who it is for: Adults, young people and parents/carers. **Time:** about 10 minutes.

What this helps with: Put into words what is difficult, what matters to you and what already helps.

1 **One practical action:** Choose one recent situation. Note what happened, its effect and anything that made it easier.

Free to use. No diagnosis, account or screening purchase needed. Skip any prompt.
Keep your copy private and share only what you choose. Nothing is sent to the charity.

What matters to me right now?

My strengths and interests

One difficult situation and its effect

What happened, where and when? How did it affect my day?

What helped, or has helped before?

My main question or next support need

For a child: keep their own words separate from your observations.

Where to go next: Use My appointment preparation sheet or the school, work or education conversation planner.

Urgent help
If you cannot keep yourself or someone else safe, call **999** or go to **A&E**.
More support: matthewlockadhdcharity.com/emergency-contacts | NHS source

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