

Your Story, Your voice, Your needs, Your way!

Your Story is a gentle space to tell us what helps you feel safe, calm, and supported.

It's here to make conversations easier, reduce pressure, and help staff understand you quickly, especially during moments that feel overwhelming.



Scan the QR code
to get started.

Save to device
when complete

What you can use it for

- Sharing what helps you regulate
- Explaining communication needs
- Highlighting triggers or things that feel difficult
- Letting staff know what good support looks like for you

Why people find it helpful

- You don't have to repeat painful or stressful information
- You can write in it slowly, whenever you're ready
- It helps staff respond with care, consistency, and understanding
- It strengthens trust and reduces misunderstandings

How staff use it

- To understand you before starting care
- To adapt their approach
- To support calmer, safer interactions

Keeping it safe

- Your Story is yours.
- Share it only when you want to.
- Store it somewhere that feels comfortable and easy to reach.
- Staff will follow confidentiality guidance when holding or returning copies.

You matter. Your experiences matter. Your Story helps us see the whole picture.