

# Top tips for getting your voice heard



## Have confidence in your own value

Remember that you are important, and you deserve to be heard. Your needs, and the things you want, matter and should be considered as part of any decision that affects you.

## Be prepared

Think ahead about what you want to say, and what you want to happen. It might help to write it down or bring pictures that show what's important to you.

## Practice self-care

It's easier share your thoughts when you're feeling calm. You can help yourself to feel calm by practicing self-care. Take deep breaths if you are feeling stressed and ask for a break if you need it.

## Ask for help

If you need support to get your voice heard, don't be afraid to ask for help. Your Support Worker, Housing Officer or Housing Outreach Worker will be happy to help, or you can talk to a self-advocacy group. You can find a list of self-advocacy group in England on our website here: <https://bit.ly/33A87vq>