

A few things to know about me to help in therapy.

Sometimes it is helpful for your therapist to know some information about you to help them personalise the work you do together. You can use this form to share relevant information with your therapist, if you are accessing a therapy service.



We've made some suggestions on this form about the kinds of information you might wish to share. There may also be other things you wish to include and there is space at the end for you to do this. Please fill in as much of this form as you would like to and take it along to your therapy session.

1: What is important to know about you? (e.g. what do you like doing, do you have a job, where do you live)

2: What helps you to talk about your difficulties? (e.g. writing things down, not making eye contact, knowing that what you are saying is kept confidential, talking on the phone/face-to-face/via e-mail etc.)

3: What sort of things would make it more difficult for you to come to appointments? (e.g. using busy public transport, bright lights, unexpected changes to your day, sitting in waiting rooms)

4: How do you prefer to be contacted? (e.g. phone call, text message, e-mail, letter)

5: Do you speak to anyone when you feel upset? How does that person help when you speak with them?

6: What things help you to relax or make you feel calm? (e.g. talking to a friend, listening to music, watching t.v., time alone, engaging in a hobby or interest, using calming techniques etc.)

7: Please add in anything else about you that you think might be useful for your therapist to know.

Further Information:

Here is some information about services and support that can also help you during therapy:

If you want to know more about mental health and autism:

<http://www.autism.org.uk/about/health/mental-health.aspx>

If you are feeling depressed or anxious and you feel like you want to talk to someone, but don't know who to speak to you can call the Samaritans. They are a listening service who are available to speak to 24 hours a day, 7 days a week.

The Samaritans 116 123 jo@samaritans.org

If you are having suicidal thoughts and think you might act on these thoughts, you should contact the person you feel comfortable talking about this with or contact your local Crisis Team, call 999, or go to your local Accident & Emergency (A&E). To find out the contact number of your local Crisis Team, Google search your town and Crisis Team (e.g. Chester Crisis Team) to find the telephone number and address.

If you have any comments, suggestions or feedback on this document, please contact

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