



Some information to help you with my appointment

I am a trauma survivor, and as a result, I can find healthcare appointments and procedures difficult, triggering and they make me anxious.

Here is some information on how you can help me.

During my appointment

- ✓ Please ask before touching me
- ✓ Please allow me to take the appointment at my pace
- ✓ Please always explain what you are going to do and why before you do it

If I want you to stop, I'll let you know by:

I would like you to know that:

You can do the following to make me feel more comfortable:
