

Appendix 6a
What helped and what didn't

Please tell us about your experiences, for example you may say: "when I phoned 'x' service they asked me what name I preferred to use"

<p>How I helped myself</p> <p>What encouraged me</p>	<p>What I found helpful at the time.</p>	<p>What I find unhelpful at the time</p>	
<p>Me.</p> <p>My age: My gender: My ethnicity and race: Date when I needed services:</p>			<p>And... what was missing?</p>
<p>The following services supported me....</p> <p>By</p>			