

CHOOSING RESOURCES | PERSONAL PREFERENCES AND RESOURCES

When selecting mental health services and supports, it's important to consider your personal preferences and what is important to you on your recovery journey. It is also important to consider what personal resources you have and how that will impact your ability to benefit from the services available to you.

Check the options that are important to you when selecting and participating mental health services:

- | | |
|--|--|
| <input type="checkbox"/> My values and beliefs | <input type="checkbox"/> My race/ethnicity |
| <input type="checkbox"/> My customs and traditions | <input type="checkbox"/> My language |
| <input type="checkbox"/> My religious affiliation | <input type="checkbox"/> My family responsibilities |
| <input type="checkbox"/> My sexual orientation and relationships | <input type="checkbox"/> My physical limitations or disability |
| <input type="checkbox"/> My gender identity/expression | <input type="checkbox"/> My substance use |

Check the resources you have to support your participation in mental health services:

- | | |
|---|---|
| <input type="checkbox"/> My family member _____
Contact Info _____ | <input type="checkbox"/> Public transportation
(Bus/Lightrail/Paratransit) |
| <input type="checkbox"/> My friend _____
Contact Info _____ | <input type="checkbox"/> My service provider _____
Contact Info _____ |
| <input type="checkbox"/> My car | <input type="checkbox"/> My health insurance _____
Medical ID Number _____ |
| <input type="checkbox"/> My smart phone | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> My computer | <input type="checkbox"/> Other _____ |

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