

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Choosing safe peer support

Clarify the limits of mentoring and protect your privacy.

Access, communication and support

Questions for an individual conversation with your care team.

Clarify the limits of mentoring and protect your privacy. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

Questions to take to my team

☐ How are mentors trained or verified, and what are they allowed to help with?

☐ What information can I keep private, and how can I report a concern?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.