1. I should be listened to and given time to tell my story
2. I want my situation to be treated sensitively and I should be respected and not feel judged
3. I want the professionals that I come into contact with to be kind and understanding and realise that I need to trust them if they are going to help me.
4. I should always be made to feel safe and supported.
5. I should be treated as an individual and able to shape my own goals.
6. I want my friends, family and those close to me to understand the issues so that we can support each other
7. I want clear and up to date information about the services that I can access
8. I want to get the right type of help at the right time in the right place and without having to wait until things get worse.
9. I want to feel that services are shaped around my needs and not the other way round.
10. I want my support to feel consistent and easy to find my way around, especially if I need to see different people and services.