**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:**

|  |  |
| --- | --- |
| [ ]  My values and beliefs[ ]  My customs and traditions[ ]  My religious affiliation[ ]  My sexual orientation and relationships[ ]  My gender identity/expression | [ ]  My race/ethnicity [ ]  My language[ ]  My family responsibilities[ ]  My physical limitations or disability[ ]  My substance use |

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

|  |  |
| --- | --- |
| [ ]  My family member \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Info \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ]  My friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Info \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ]  My car[ ]  My smart phone[ ]  My computer | [ ]  Public transportation  (Bus/Lightrail/Paratransit)[ ]  My service provider \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Info \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ]  My health insurance \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Medical ID Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ]  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ]  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Adapted from Recovery to Practice Participant Workbook–v1 April 2014