

YOUNG ADULT FEEDBACK FORM

Introduction

- 1 minute max?
- Do you have a sense of who the presenter is?

What Happened

- 3 minutes max?
- Used “I” statements?
- Shared challenging experiences (symptoms, stigma or barriers to support) in a way you could relate to?
- Limit their story to the topics in this section?
- Avoided using mental health lingo or technical terms, or did they explain them if used?
- Avoided triggering topics?

What Helps

- 3 minutes max?
- Used “I” statements?
- Included when they realized that they needed support?
- Shared their experiences of accepting support, having/creating a personal wellness plan and healthy coping skills?
- Limited their story to the topics in this section?
- Avoided sharing specific names of medications, doctors and facilities?

What's Next

- 3 minutes max?
- Used “I” statements?
- Focused on things that represent success?
- Shared what they are looking forward to – hopes and dreams for the future?
- Limited their story to the topics in this section?
- Shared why these things are meaningful to them?

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