## Fact sheet for young people about My Needs, Wishes and Feelings

This fact sheet can be filled in by the young person and Family Court Adviser together, and given to the young person to take away.



"Talk to someone about how you are feeling"



Where do I have to speak to you?
What if I don't like writing?
How long will the meeting usually last when I meet with the Family Court Adviser?
Who can help me complete the form?
How will you make sure my information is shared? (Consider any issues of confidentiality)
What if I want to say more?
What if I'm unsure or I change my mind?
What if I don't want to say anything?
How can I contact you?

"Be open with the Family court Adviser. Don't be shy or embarrassed"

