

My Journey Map

Everyone's journey to accessing a review panel when they're an involuntarily patient is different.

Use this map to...

- ✔ chart your journey to a review panel
- ✔ write down information you don't want to forget
- ✔ keep track of questions you have
- ✔ see the choices you can make
- ✔ learn about the supports available to you

Start Here

Stock Up on Supplies & Supports for Your Journey

- Ask...**
- for a Pen
 - for a Glass of Water
 - to Use the Phone
 - for a Warm Blanket
 - for a Snack
 - for a Place to be Alone, Pray, or Smudge
 - for New Underwear or Socks
 - for Colouring Sheets or Fidget Toys
 - to Speak with an Elder, Family Member, or Friend

What Other Supports Do You Need or Want?

Get Examined by a Doctor

Flip, flap, flop, I deliver special forms up the waterfall, just watch me hop!

Paws Patch

Take a pause and see which way(s) you'd like to go. Or take a break and pick some berries!

Submit Form 7

Rest Nest

Chirp! This process can be overwhelming. Remember to take care of yourself and take breaks when you need to.

Finished! Ready for the Review Panel!

Prepare for the Review Panel

Get Help from your Legal Representative to prepare for the review panel to represent you at the review panel

Request a legal representative

HINT this is a tick box on your Form 7

Fill Out Your Form 7

HINT ask a rights advisor for help

Talk to an Adult You Trust

When I'm feeling off, sometimes talking to my forest friends can help. Who's someone you can talk to?

Ask to Speak with a Rights Advisor

Rights advisors are like forest guides—they can help you find your way. How can I help you?

Ask for a Printed Form 7

Flit, flight, flee get a Form 7 from me!



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Advice Service
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ARTWORK + LAYOUT BY
@ILLUSTRATELIFE
CHRISTINA



My Journey Log

A series of 20 horizontal lines for writing, arranged in two columns of ten lines each.



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