

Preparing for your StandbyU Shield Planning Appointment

In preparation for your StandbyU Shield Planning appointment, please read through the following information.

Length of appointment

- Your initial Shield Planning appointment will take approximately 1 hour.
- We can schedule as many appointments as needed to put your Shield Plan together.

People who may become your Shield Responders

- Between now and your appointment, think of up to 5 people who are aware of what you're going through.
- If no-one knows about what you're going through, we can talk about this during the first appointment.
 - We know that talking about what's been happening can be a difficult conversation, even with the people who love and care about you, so we can talk to you about the best way to approach this.
- If you do have a list of people who you think might be happy to become one of your Responders:
 - Let your Responders know the date of your appointment so we can talk to them about their role as a Responder.

A good responder is someone:

- You trust to keep you / and your children safe.
- You are confident to share the details of your worries with.
- Who will be available to respond at any time of the day or night.
- Who will be able to carry out your plan for safety.

If you can't make your appointment

There may be lots of reasons why you might have to reschedule your Shield Planning appointment. That's okay, just let us know a date and time so we can reschedule with you, by calling 1800 069 010 (press 1).