

THINKING OF SELF-PLACING?

YOUNG PEOPLE THAT HAVE BEEN THROUGH IT WANT YOU TO KNOW:

ASK FOR HELP WHEN YOU NEED IT



- Workers and the system are there to help you - use it to your advantage and don't feel bad. Find out what you're entitled to. BEROS can talk to Child Safety to get you what you need.

PROTECT YOURSELF

- Don't ignore your gut feelings. Small incidents can be red flags for future big incidents. Check out the info down the bottom for services that can help you out.



ALWAYS HAVE A BACKUP PLAN



- Develop a safety plan with a person you trust for if you have to leave the place you are staying. Where would you go, who can you stay with, what services are there to help?

BUILD A SUPPORT NETWORK

- Friends, family and workers are often your strongest allies when you're self-placing. Keep in mind: whose couch can you sleep on for a few days and who can get you food quickly?



THE GRASS IS NOT ALWAYS GREENER



- When you leave a resi placement, Child Safety can close it and it could take time to find another one. When your placement is closed, you also lose all the support they provide. Is leaving worth losing the support and a place to keep your things?

PREPARE FOR TRANSITIONING OUT OF CARE

- Talk to your workers about a plan for when you turn 18. This could involve getting Centrelink, getting your licence, writing a resume, graduating school or finishing Grade 10, or starting TAFE. Have a plan to secure your future.



DO WHAT YOU NEED TO DO TO SURVIVE



- Self-placing is hard and there's going to be bumps in the road. There is no shame in doing what you need to do to survive. Hold on to people who have your back, and continue to work towards something better in the future.

THERE ARE SERVICES TO SUPPORT YOU WITH THESE THINGS:

Add services here