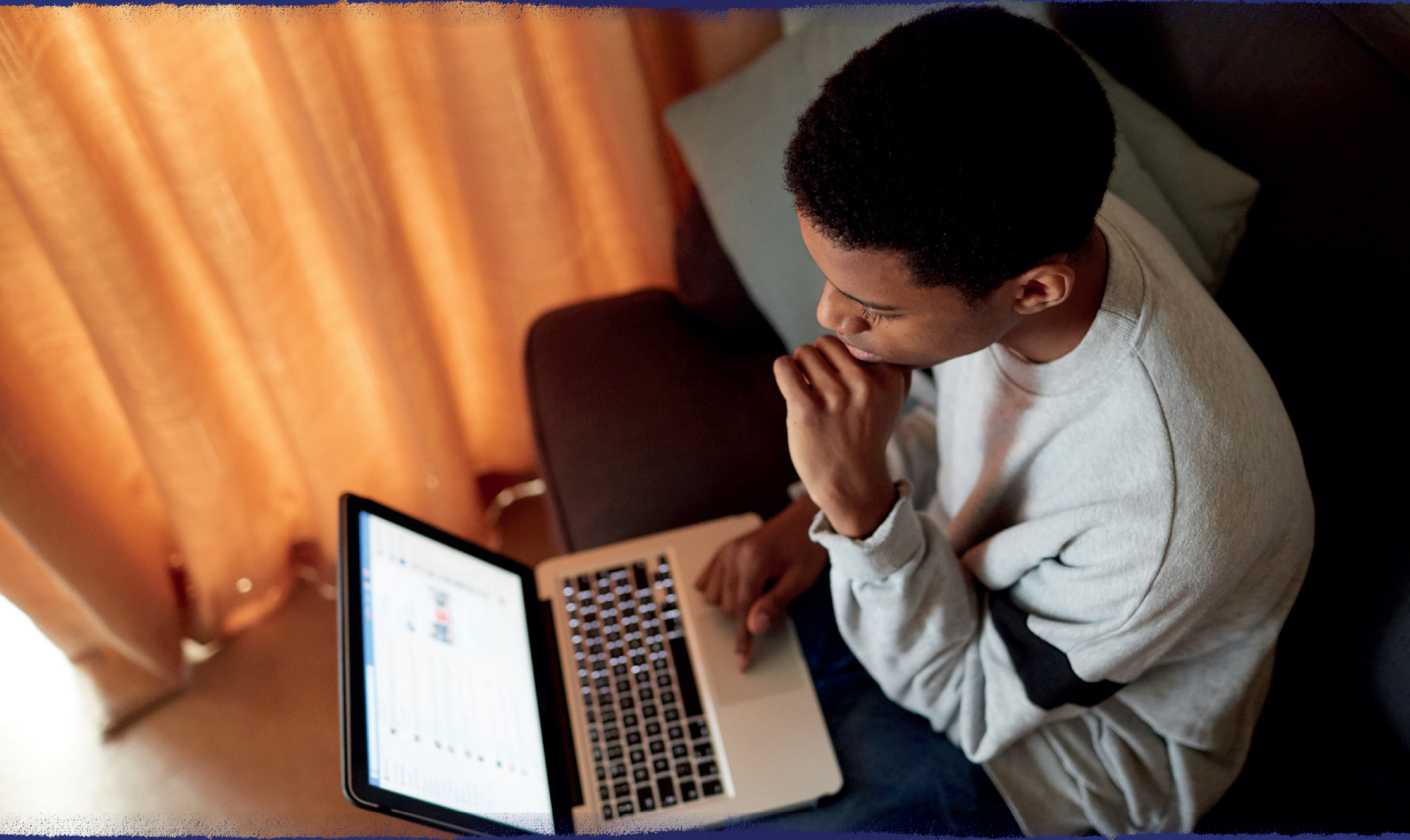


Taking control.

Having a say in your care and treatment.



1. Your voice matters.

Your views about the care you receive for your mental health are really important- and your clinician wants to hear them. Bringing together your clinician's specialist knowledge and your life experience and goals for your future can help you make the best decisions about the right care for you together.

2. Get involved.

Simple things like: making a list of things you want to say before your appointment and keeping a diary between appointments so you can share how things have been going more easily can help you be involved. Your clinician might introduce you to tools and apps to help you take an active part in your care too.

3. Be open.

If you are not happy with how things are going, talk about it as soon as possible so you and your clinician can keep working in the best way together.