

# Learn Your Rights

Take part in your health care decisions



## What are my health care rights?

We want you to take part in your health care decisions. You should know that you have the right to:

- Understand any illnesses or problems with your health and the different ways you can be treated
- Ask questions or share things you are worried about with your doctor or case manager
- Help make decisions about your care
- Ask your family support team to help you with decisions
- Talk to your doctor in private about your health or medicine you take
- Ask how a treatment or medication your doctor wants you to take might make you feel and what you can expect
- Refuse medication that could affect your mind, emotions or behavior (psychotropic medication) after talking with your doctor about it
- Make your own decisions about birth control
- Ask for help with substance use and agree to treatment (if you are 16 or older)
- Ask for a second opinion with a different doctor
- Ask your case manager to have an expert look at your doctor's treatment plan or the medicine they would like you to take and give you their opinion

## About Psychotropic Medications

A psychotropic medication may be any medicine that affects your mind, emotions or behavior. Some examples are:

- Antipsychotics
- Antidepressants
- Lithium
- Stimulants
- Alpha agonists
- Anxiolytics/hypnotics
- Anticonvulsants/mood stabilizers

## Need Help?

If you are worried about your health care and the help you are getting, you can ask your Guardian ad Litem or another trusted adult to help support you and your choices.

You can also ask your case manager to help you file a Service Delivery Grievance form with your concerns.