

PATIENT BILL OF RIGHTS

Could you benefit from mental health care?

An important first step to starting any mental health service is to identify your goals. Use this help sheet to figure out yours.

Step 1: Why do I need mental health care right now? How is my mental health interfering with my life?

Pro tip: Imagine you're describing what's wrong to someone you're close to. Are you crying a lot? Are you having trouble getting along with others? Are you worried about the future and it's getting in the way of life?

Step 2: How would I know that care worked? How would my life be different?

Pro tip: What is most important to you at this time in your life? What are you not able to do because of your mental health? Remember, we can't change what others do, so what would you be doing differently if you felt better?

Step 3: What does my provider need to know about me?

Pro tip: Sometimes it helps to think about your identities (e.g., race/ethnicity, gender identity, religion) and values (e.g., relationships, career, leisure) before meeting a new provider. What would I want my new provider to know about me? Not all of these will be important to everyone, but we list a few ideas below:

My identities:	My values:
<input type="checkbox"/> Ethnicity(ies) <input type="checkbox"/> Race(s) <input type="checkbox"/> Gender <input type="checkbox"/> Sexuality <input type="checkbox"/> Socio-economic or class <input type="checkbox"/> Role in your family <input type="checkbox"/> Migrant (family) history <input type="checkbox"/> Displaced indigenous (family) history <input type="checkbox"/> Other identities:	<input type="checkbox"/> Family relationships <input type="checkbox"/> Friend relationships <input type="checkbox"/> Career, work <input type="checkbox"/> Finances, money <input type="checkbox"/> Leisure, having fun <input type="checkbox"/> Achievement <input type="checkbox"/> Appearance <input type="checkbox"/> Independence <input type="checkbox"/> Religion <input type="checkbox"/> Spirituality <input type="checkbox"/> To be loved <input type="checkbox"/> To care for others <input type="checkbox"/> Other values: