



10 questions a carer may want to ask

South West Healthcare Mental Health Services

Excellence in Rural and Regional Healthcare

Good mental health care is best achieved through an active and positive partnership between your family and your mental health clinician. These questions have been developed by the Family, Friends and Carers Advisory Group (FFC) by Carers who have used our services.

QUESTIONS CARERS AND FAMILIES MAY WANT TO ASK THEIR CLINICIAN:

- 1.** What can I do if I have a problem after hours?
- 2.** What can we expect in the next 6 - 12 months?
- 3.** How can my family help? What changes will we need to make?
- 4.** Can you tell me about the medication?
 - Exact and generic name
 - Other types of medication we could use
 - What happens if the medication isn't being taken?
 - Side effects? What can be done about them?
 - Is it possible not to take this medication and still get better?
 - When will we see results?
 - How can I tell if the medication is not being taken?
 - How much will the medication cost?
 - What if we run out?
- 5.** What are the confidentiality boundaries?
- 6.** What kind of treatment will we be using?
- 7.** Are there other possible treatments?
- 8.** What are the benefits/risks associated with the treatment?
- 9.** Where can I get more support and information?
- 10.** Is there a chance someone else in my family may get the same thing?