



# 10 questions you 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 you and your mental health clinician. To get the best possible care, see yourself and your mental health clinician as a team and be involved as much as possible in every decision.

### A PROMPT FOR QUESTIONS YOU MAY WANT TO ASK:

- 1.** Can you tell me more about my condition in plain English?
- 2.** What changes will I need to make?
- 3.** Can you tell me about my medication, are there any side effects?
- 4.** What kind of treatment will we be using? Are there others?
- 5.** What are the benefits/risks associated with my treatment?
- 6.** How can my family help me?
- 7.** Where can I get more support and information?
- 8.** What are some other programs I can be involved in?
- 9.** What can I do if I have a problem after hours?
- 10.** How will this treatment help me achieve my goals?