

Recommendations from young people

“I would like to be involved in co-producing my care plan and wellness plan so that I feel like my care is individualised to me and approved by me”

“I know myself better than anyone else and therefore can advocate for myself to the highest standard possible but often professionals will jump to conclusions without consulting me, or brush a decision off as ‘not that big of a deal’.”

“I’m happy to have an open and honest discussion with you about my care but I can’t do that if that channel of communication isn’t open to me and that can’t happen if decisions are made on my behalf because it was assumed that would be what I want.”

“Don’t make assumptions about what I want/how I want care to be delivered. If you have questions, ask!”

“Get to know the young person outside of their mental health difficulties... learn what makes them tick, what their hobbies are, and their aspirations. Understanding the individual holistically, as a whole being, is the most important thing for me”

“Always be transparent. Worried? Tell us. Going well? Tell us. Never assume that we are too young to understand our own care and make our own decisions. If we don’t understand, don’t immediately turn to parents/carers, help us to understand.”