

PATIENT BILL OF RIGHTS

Questions for a provider

Seeking care for mental health difficulties can be intimidating and sometimes overwhelming. As someone seeking care, you have the right to ask your provider (for example, a therapist) questions about the care they are recommending for you. Here's a list of questions that you can ask as you're making care decisions. These questions map onto the Patient Bill of Rights from www.PatientBillOfRights.org.

What are the treatments that research shows work best for my concerns?

There are a lot of different kinds of talk therapies! Studies show that some cares work better than others for different mental health difficulties. What works for depression, anxiety, trauma, couples distress, etc. is different. Just like your medical doctor would recommend studied treatments for diabetes and cancer, you can expect care that works for your mental health concern.

Does the research show that the treatment works for people like me?

Sometimes research doesn't study treatment in diverse groups of people. You should ask your provider if the care that they're recommending works for people who share your important identities, like race, ethnicity, culture, or sexual orientation.

Have you been trained to provide this type of care?

Providers all have different education backgrounds. You have the right to ask your provider if they've been trained on what that they are recommending.

How will we both know if it is working for me?

You have the right to know if your treatment is helping. Sometimes this looks like answering a couple of easy questions each week to see if you are feeling better. For others, this means having an ongoing conversation with your provider. No matter what your preference is, it is helpful to have a plan for tracking your progress.

What will happen if care isn't working for me?

For some people, it can be really hard to tell a provider it isn't working or isn't helping. Before starting, it might be helpful to have a conversation about what you'd like to happen if care isn't helping. Options might include trying a different type of care or finding a different provider. Just because one treatment doesn't help, it doesn't mean another one won't!