

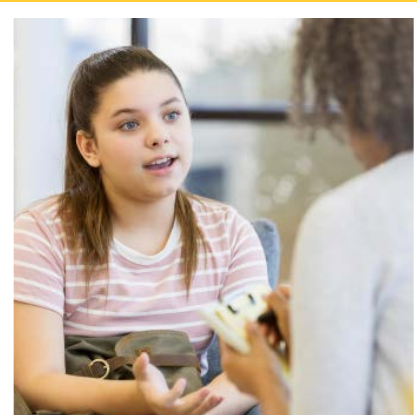
## Can I change my mind about consent?

You can change your mind about consent at any time.

Important things to remember are:

- You can take away your consent fully, or limit it to only some parts of your health care
- Consent is not a one-time conversation, it can (and should) come up regularly

If you do change your mind about consent, talk to your health care provider about your decision; they can help connect you with a service that better meets your needs.



## Questions or Concerns?

If you have questions or concerns (worries) about consent, or you are no longer happy or comfortable with your health care situation, please speak to your health care provider.

If you feel uncomfortable talking to your health care provider, or their manager, or you're unhappy with how your concerns were handled, you can talk to:

### Patient Care Quality Office

By Phone (toll-free): 1-877-442-2001  
By Email: PCQO@interiorhealth.ca

You can make any privacy related complaints to:

### Interior Health Information Privacy Team

By Email: IHPrivacy@interiorhealth.ca

If you are having trouble accessing services, or feel you are being treated unfairly, you can also contact:

### The Representative of Children and Youth (RCY)

By phone (toll-free): 1-800-476-3933  
Online: www.rcybc.ca

## Mental Health & Substance Use Services

### Crisis Line

1-888-353-CARE (2273) or  
1-800-SUICIDE (784-2433)

### KUU-US (Indigenous) Crisis Line

1-800-588-8717

### Métis Crisis Line

1-833-638-4722

If picking up the phone is challenging or uncomfortable, the following services may be helpful:

### Kids Help Phone

Text with a crisis responder;  
Text CONNECT to 686868

### Foundry Virtual BC

Access on-line services through the Foundry app, visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual).

For a list of mental health and substance use services available to children and youth, visit [interiorhealth.ca](https://interiorhealth.ca) or call 310-MHSU (6478).

Interior Health would like to recognize and acknowledge that this work occurs on the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Syilx, and T̓silhqot'in Nations. This region is also home to 15 Métis Chartered Communities.



## Consent to Mental Health & Substance Use Care

### A Guide for Children and Youth



Mental Health & Substance Use Services

# Consent

## In this fact sheet, we are going to look at 'consent'.

Consent means that you agree to something, in this case, Mental Health and/or Substance Use (MHSU) health care.

Decisions about health and wellness are important, and need careful thought.

This fact sheet will provide you with information to consider when thinking about consent.

Interior Health follows strict rules about consent. These rules are written in our policies, procedures, professional standards and laws (these are all rule books that explain what we can and cannot do). These rule books include: Freedom of Information and Protection of Privacy Act (FIPPA), Mental Health Act, Infants Act, and Child Family Community Services Act.

## Who gives consent?

In most situations children and youth can give their own consent and make decisions about their own health care.

To be able to give consent, you must:

- Understand what's happening, including the risks and benefits of treatment
- Be able to make decisions on your own, and
- Any treatment you choose must be in your **best interest**, meaning it is good for your physical and emotional health

Sometimes children and youth can't make decisions on their own. If this happens, your health care provider will ask for consent from your parent or legal guardian, or from a Social Worker. Don't worry, they'll talk to you about this first - health professionals and others must always act in your best interests before doing things that affect your care and treatment.

## What is informed consent?

Informed consent means that your health care provider (*this could be your doctor, clinician, or nurse*) gave you enough information to make a decision, including information on:

- Confidentiality (how they will keep what you tell them private, and times they might need to share information)
- Your diagnosis (diagnosis is a fancy name for how doctors figure out what's making you unwell or unhappy)
- The different treatments available (things that could help you feel better)
- The treatment plan to support you (how you will get the care and treatment you need)
- The impact of your chosen treatment, including:
  - Benefits (how it may help)
  - Risks (side effects, parts that might be difficult or stressful, or may not match your goals)
  - Limitations (not all treatments work the same for everyone)

## Do I have to consent?

Your consent is voluntary. **Voluntary** means that you are making your own decision without pressure from someone else.

When you provide consent voluntarily it means that:

- You were given enough information to make a decision about your own health care
- You understand the information you have been given
- You are working with your health care provider because you choose to, you are not being forced in to it

In an emergency, health care providers may give you health care without consent if it could save your life or prevent your health from getting worse.

