

PRICELESS



THE MENTAL HEALTH AND ADDICTIONS PROGRAM
PROUDLY PRESENTS

THE CHOICE APPOINTMENT

YOU AND YOUR FAMILY HAVE JUST BEEN BOOKED FOR A CHOICE APPOINTMENT...



SO WHAT SHOULD I KNOW?

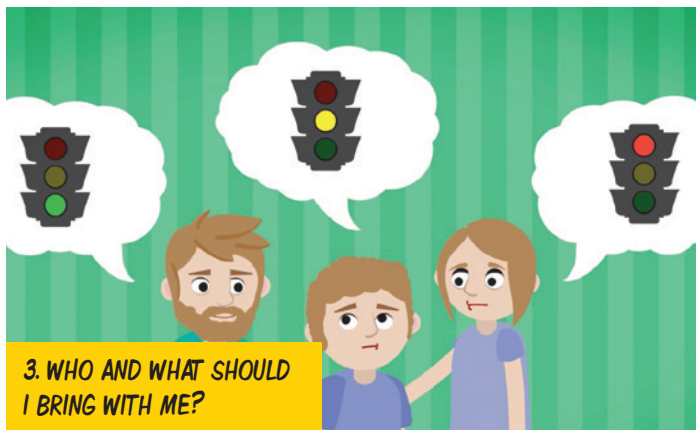
1. WHAT IS A CHOICE APPOINTMENT?

It is a 1 HOUR meeting with a clinician. We'll talk about what's going well in your life and what isn't so great, what you want to change and how to get there.



2. WHY AM I BOOKED FOR A CHOICE APPOINTMENT?

It is common for children and teens to experience mental health problems. It's important that you get the help you need. A Choice appointment helps us understand the kind of help you might need.



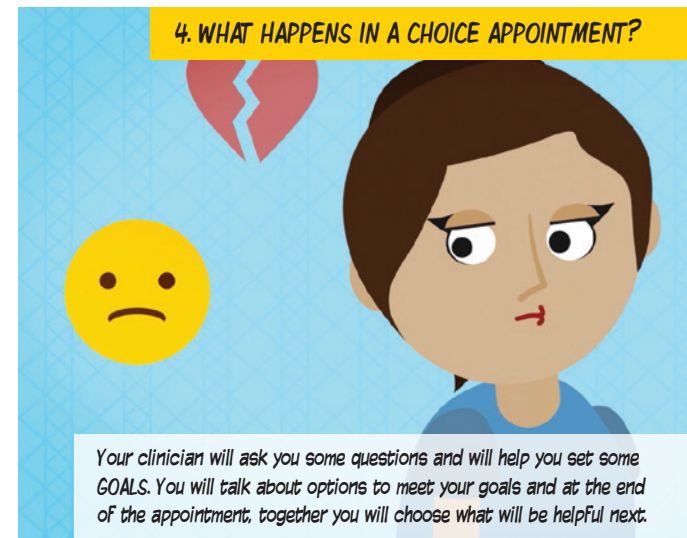
3. WHO AND WHAT SHOULD I BRING WITH ME?

A parent or legal caregiver must come with their child to the Choice appointment. Teens should come with a parent or trusted adult as well - but it's ok to come alone. Bring any reports and a list of your medications with you.

4. WHAT HAPPENS IN A CHOICE APPOINTMENT?



Your clinician will ask you some questions and will help you set some GOALS. You will talk about options to meet your goals and at the end of the appointment, together you will choose what will be helpful next.

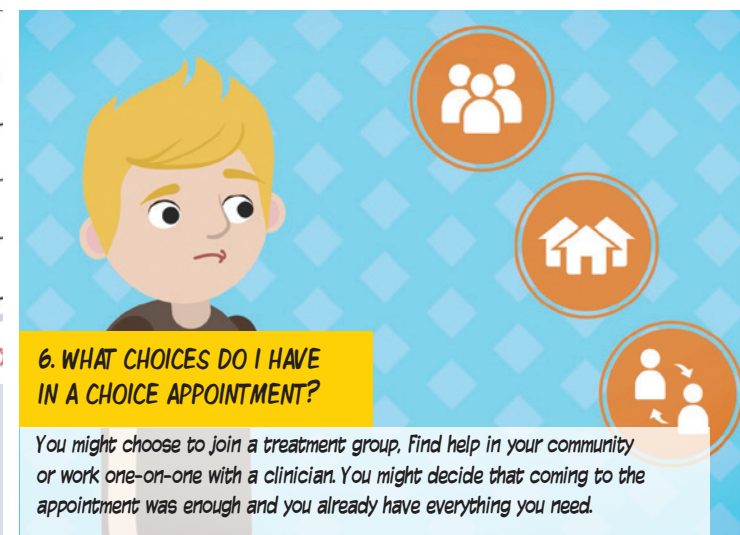


5. WHAT'S IMPORTANT ABOUT GOALS?

Setting goals helps you to focus on what matters most. Maybe you want to be able to go to school or be able to spend more time with people who matter to you. Having clear goals can help you take small steps to reach them.

6. WHAT CHOICES DO I HAVE IN A CHOICE APPOINTMENT?

You might choose to join a treatment group, find help in your community or work one-on-one with a clinician. You might decide that coming to the appointment was enough and you already have everything you need.



7. GETTING READY FOR YOUR APPOINTMENT:

There's a lot you can do to get the most out of your Choice appointment. Coming in ready to talk about the answers to these questions can help.

WHAT ARE YOU HOPING FOR FROM THE APPOINTMENT?

WHAT COULD BE DIFFERENT IN YOUR LIFE NOW?

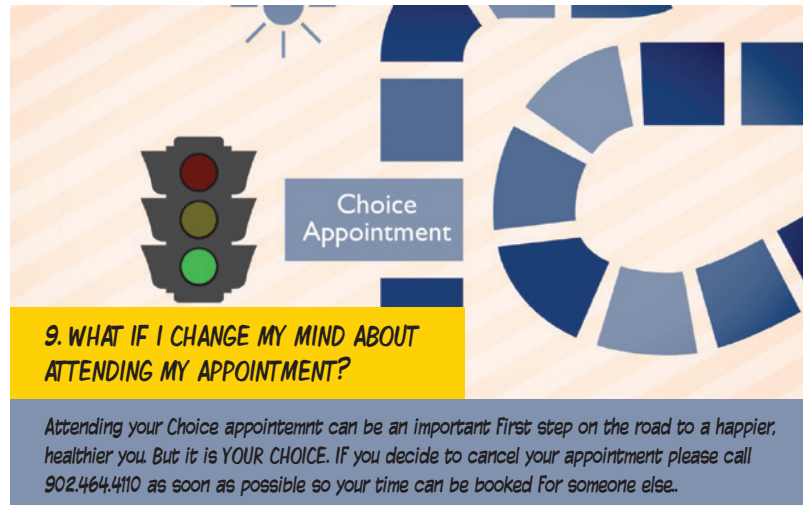
WHAT'S WORKING WELL IN YOUR LIFE NOW?

WHAT'S A CHANGE YOU'D LIKE TO MAKE?



8. WHAT HAPPENS AFTER THE APPOINTMENT?

A Choice appointment is an opportunity for you to talk to plan and to make changes. You will leave the appointment with a plan and some things to work on at home.



9. WHAT IF I CHANGE MY MIND ABOUT ATTENDING MY APPOINTMENT?

Attending your Choice appointment can be an important first step on the road to a happier, healthier you. But it is YOUR CHOICE. If you decide to cancel your appointment please call 902.464.4110 as soon as possible so your time can be booked for someone else.



We have also put together a great three minute YouTube video about what to expect when you attend your Choice Appointment. It will help you feel more comfortable about attending your appointment.

Check it out here:
www.choiceappointment.ca

THE CHOICE APPOINTMENT

HAS 3 LOCATIONS IN HRM

**IWK Halifax Community
Mental Health and Addictions Clinic**
6080 Young Street, Suite 1001
Halifax, NS B3K 5L2
902.422.1611

**IWK Dartmouth Community
Mental Health and Addictions Clinic**
99 Wyse Road
Dartmouth, NS B3A 4S5
Suite 1420: 902.469.8170
Suite 810: 902.460.3902

**IWK Sackville Community
Mental Health and Addictions Clinic**
Cobequid Community Health Centre
40 Freer Lane, 3rd floor
Lower Sackville, NS B4C 0A2
902.864.8668

If you ever experience a mental health emergency, you should:

1. Call your family doctor, or
2. Call Mental Health Mobile Crisis available by phone 24/7 1.902.429.8167 or 1.888.429.8167, or
3. Go to your nearest emergency department.

