

What are YOUR rights?

“ Lots of young people face the same problems you. So if there is something you want to try and change about the NHS in your area you don't have to do it alone!



What does it mean for YOU?

Local decisions

The NHS takes important decisions in your local area, like how it spends its money, what kind of services will be available and how they work with children and young people

When taking decisions about services the NHS needs to have ways to find out what is important to children and young people

This information should be used to make sure decisions reflect what children and young people want, and it should be made clear how this happened

How to get involved



The health service in your area should have groups where they ask children and young people for their views



There should be simple ways for children and young people to be able to get involved in these decisions



This could be online or social media, or face to face meetings, what's important is that it works for **you!**

Local groups

There are also groups in your local area that work to make the NHS better:

- ✓ The Healthwatch in your area wants to know what you think of health and social care services so they can try and make them better
- ✓ Every hospital should have a PALS service that you can talk about any issues in the hospital
- ✓ If you use specific services, like mental health services, they should have groups that give you a chance to have your say