

## What are YOUR rights?

“ The NHS is there to help you be healthy and live YOUR life as you get older, because life doesn't just happen in hospitals and clinics, it's everything else! ”

Using health services shouldn't stop you getting on with education or having a life!



## What does it mean for YOU?







### Services working together

- ✓ The NHS should work with you, your parents and other professionals like teachers or social workers to make sure things are done in a way that works for you
- ✓ NHS services should work together to make sure you don't get stuck in the middle
- ✓ If you agree they can share your information with other services so you don't need to keep repeating yourself

### Ready for adult services

- ! The way the NHS supports you will change as you get older, and the NHS will help you get ready for using adult services if you need them
- ! The health professionals working with you should explain what will change and what support will still be there for you
- ! You should be involved in discussions about transition, starting when you are 14

### Staying healthy

- The NHS is not just about treating you when you are ill, they can give you help and advice about how to stay healthy. You can ask professionals about the things that matter to you, like:
-  Healthy eating and keeping fit
  -  Mental and emotional health and wellbeing
  -  Giving up smoking
  -  Help for being a carer
  -  Anything you need to know about drugs and alcohol
  -  Sexual and reproductive health