

**Shared Decision Making is a collaborative process where a young person works together with their family and professionals or service provider to make an informed decision about the treatment or care option that is best for them.**

## Young person

Every young person should have the opportunity to make informed decisions about their own mental health support, care and treatment, working alongside family and professionals to decide what is best for them.

If a young person does not want to involve their family in the decision making process, the professional should still facilitate conversations that allow them to make an informed choice about their treatment.

Shared Decision Making can begin before a professional is involved. A young person can work with their family to think about what sort of support and treatment is best for them.

## Shared decision making

## Professional

This could be a GP, teacher or mental health professional - anyone who is working with a young person to get mental health support in a professional capacity.

A young person may decide that they don't want to be involved in the decision making process, but family and professionals can still work together to decide on the best course of action.

## Family

This includes parents, carers, grandparents, siblings, godparents - anyone who a young person considers to be family and is able to support them with receiving treatment.

**For Shared Decision Making to take place, information, evidence, options and preferences should be exchanged and discussed. All voices should be respected and concerns shared within a safe space. For more advice and guidance on Shared Decision Making, please visit [www.onmymind.info](http://www.onmymind.info).**



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