

Mental Health Rights

Do I have to get permission if I want to get treatment for a drug or alcohol problem?



No. You can get help with a drug or alcohol problem without permission. You may want to talk with the important adults in your life about this so they can support you, but you can look for help on your own.

What do I do if I do not like the way a medication is making me feel?



You have the right to be told how medicine prescribed for you will help you and any side effects of the medicine. If the side effects are bothering you or you don't want to take the medicine, you can tell your caregiver and your doctor. You can also tell your social worker/probation officer, lawyer, and the judge how the medicine makes you feel.

What if I do not want to take psychotropic medications?



Psychotropic medications are medicines (meds or drugs) used to help with mental health conditions. You should always talk with your doctor about your concerns and the risks of not taking a medication. If you want to stop taking a medication you are already on, you should work with your doctor to do this in a safe way. You can also tell your lawyer and the judge how you feel about the medications you are taking, any side effects, or other concerns you might have about these medications.

A judge has to approve any psychotropic medications a doctor prescribes. You can tell the judge how these medicines make you feel by asking for and filling out the JV-218 form. You can access the JV-218 form by scanning the QR code for the Resource List on page 59.

You have the right to refuse psychotropic medication, and no one can give you consequences or punish you for refusing.

What if I want to stop taking psychotropic drugs?



You have the right to work with your doctor to safely stop taking psychotropic drugs.



Questions & Answers About My Health

My Psychotropic Medications

Name of Medication

How it makes me feel/side effects

1. _____

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• •

Very Good

Good

Okay

Not So
Good

Very Bad

2. _____

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Very Good

Good

Okay

Not So
Good

Very Bad

3. _____

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Very Good

Good

Okay

Not So
Good

Very Bad

List any other medications you're currently taking.
