



**Ross Memorial Hospital**  
**Mental Health Program**  
10 Angeline St. N. 2<sup>nd</sup> Floor  
Lindsay, ON K9V 4M8  
Ph: (705) 328-6064 Fax: (705) 328-6065  
Visit [www.rmh.org](http://www.rmh.org) and search by Programs & Services

# How to Request a Change of Psychiatrist or Worker

Inside this pamphlet:

- Right to Request a change
- Responsibilities
- Limitations to requests

## CHANGING YOUR PSYCHIATRIST OR WORKER

### OUR PROCESS

Sometimes people feel they need a different worker or psychiatrist than the one they have been assigned to. This is important and should not be ignored. If you can discuss this openly with your psychiatrist or worker openly, that is the best solution. This can provide an opportunity for the psychiatrist or the worker to learn more about you, and a decision can be made between you about the next step in your treatment.

### COMMON CONCERNS

We recognize that this can be an uncomfortable or intimidating process. However, in learning to manage one's own mental health needs, dealing honestly with difficult emotions is one of the skills we hope to assist our clients with. We have some ways to help you.

### RIGHT TO REQUEST A CHANGE

Everyone has the right to ask for a change of therapist, case manager or Psychiatrist. Everyone who makes such a request will be given respect and information. Their request will be accommodated as far as possible.

## **RESPONSIBILITY IN REQUESTING A CHANGE**

- 1) You must make your request directly to your assigned psychiatrist or worker.
- 2) The request can be made in person or in writing.
- 3) We can provide a form letter to fill out if you prefer.
- 4) You may ask anyone you want to accompany you while you speak to the psychiatrist or worker to tell them you want a change.

## **LIMITS TO CHANGES**

Our psychiatrists and staff have heavy work loads. Requests for change may result in waits of up to 4 months.

Some of our services have only one worker assigned to that job. We may not have an alternate person to assign to your case.

## **OUR COMMITMENT TO YOU**

We give our commitment to you that your opinion regarding your services here will be respected. We will accommodate your preferences as much as possible.

If we cannot find a solution from within our Programs, we will give you information about other programs in the community.

## **DO YOU HAVE MORE QUESTIONS?**

You may call

Karla Forgaard-Pullen MSW RSW at (705) 328-6071

Karla is the Clinical Supervisor and will answer any further concerns you may wish to discuss.