

## Welcome to FACT Young

We are a health team working with youths between the ages of 12 and 18 who struggle in some areas of life. This includes mental health struggles, substance abuse, school absences, problems with friends or family problems. If you've tried to get help from several other places, but things have not improved, FACT Young can be a solution for you.

If you want help from FACT Young, you need a referral to BUP. To get one, you can talk to your doctor, the public health service nurse, BUP, child welfare services or other contact persons with the district.



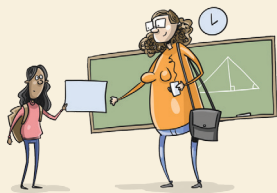
The follow-up you receive from our team will depend on your wishes, needs and resources.

**You decide where we meet and who you want to bring with you.**

We can provide practical assistance, come with you to meetings, talk with you or do things with you.

## Collaboration

FACT Young works with others to ensure that you get the follow-up that is best for you.



We can, for example, work with youth clubs, your school, the school health service, PPT, child welfare services, BUP and Nav. Together, we try to find good solutions for how your situation can get better.

Your family plays a big role in your well-being. We can also talk to and provide guidance for parents and guardians.

## Participation

Our main focus is you. That means your wishes and needs will guide us in helping you!



## Your rights

When you are a patient or user of a health service, you have many rights. Some of these include:

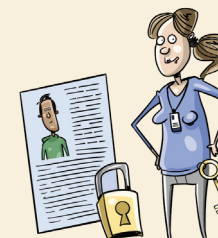


### Information

You have the right to get enough information about your health, your rights and the treatment you are receiving.

### Consent

When you are 16 years old or older, you are considered of age in terms of your health. That means you have to agree to (consent to) the health services you receive. If you are under 16, your parents are the ones who have to consent, but you have the right to receive information and to be heard.



### Confidentiality

Our team is bound by a duty of confidentiality. That means we are not allowed to tell anyone else what we talk about.

There are many laws and rules that apply when you are a patient or a user of health services. The FACT Young team can give you more information about this when we meet with you.