

# Shared Decision-Making Tools From Substance Abuse & Mental Health Services Administration (SAMHSA)

## Opening the Door

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Conversation.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Conversation.pdf)

## Reflections

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Medication\\_Me.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Medication_Me.pdf)

## Questions to Ask about Complementary and Alternative Medicine

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_QuestionsCAM.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_QuestionsCAM.pdf)

## Questions to Ask about Medications

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_QuestionsMedications.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_QuestionsMedications.pdf)

## Medication Side Effects

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Side\\_effect\\_chart.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Side_effect_chart.pdf)

## Using Your Voice

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_TalktoProvider.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_TalktoProvider.pdf)

## Vitamins and Supplements Log

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Vitamins.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Vitamins.pdf)

## Wellness & Recovery Tracker: Journal

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Wellness\\_journal.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Wellness_journal.pdf)

## Wellness & Recovery Activities Plan

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Wellness\\_plan.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Wellness_plan.pdf)

# **Shared Decision-Making Tools From Substance Abuse & Mental Health Services Administration (SAMHSA)**

## **Questions to Ask About Mental Health Services**

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Qs\\_to\\_Ask.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Qs_to_Ask.pdf)

## **Talk About It**

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_SkillsProviders.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_SkillsProviders.pdf)

## **Conversation Starters - Talking about Culture and Health**

[https://brss-tacs-decision-tool.samhsa.gov/DA\\_files/PDFs/CT\\_Conversation\\_culture.pdf](https://brss-tacs-decision-tool.samhsa.gov/DA_files/PDFs/CT_Conversation_culture.pdf)