

Will you share my information?

What is personal health information?

Personal health information is anything about your physical or mental health when getting healthcare services. When we talk about your mental health, personal health information can be things like your diagnosis, places where you get services or supports, and family history.

Does my personal health information get shared? Why and with whom?

Basically, people ask for your personal health information and use it to provide you with services that hopefully will help you best. To do this, your worker may need to share your personal health information with other people. This might include other people in the agency where they work, or other health or social service agencies.

Sometimes your worker will come to you and ask you if it is okay to share your information with other people. Feel free to ask them why.

Are there times when my personal health information is shared without someone asking me first?

There are times when the law says your personal health information can be shared without asking you, and even without you knowing that it has been shared.

It can be shared because there is a chance that you may harm yourself or harm

someone else; because you have died and people need to know that.

Do I have a right to choose who gets to see my personal health information?

Yes, except in the cases when the law says your personal health information can be shared without asking you.

How long does my consent last?

Until you decide not to give consent anymore. You can take away consent at any time.



Nina's Story

Nina is 28 years old and is going to an agency and meeting her worker Celeste for the first time today. Celeste tells her a little about the agency and the services they provide. She then asks her to give consent to sharing information with other agencies. Nina asks for a bit more information because she's not 100% sure. Celeste then tells her that it is to allow her to talk to people outside of the agency to get Nina the services she may need.

Nina starts to wonder, what does all this mean? Who does she want to share my information with and why? Celeste seems like a nice person and I think I can trust her, but I've only known her for 5 minutes. I'm still not 100% sure of what she's talking about.



Your next steps...

Ask how your personal health information is shared. That includes when it is shared and who it is shared with.

Ask your worker when they have to ask for your permission to share your personal health information and when they don't have to ask you to share it.

Ask what happens if you don't agree to share your personal health information.

You always have the right to change your mind and withdraw consent.

Ask plenty of questions, if you don't get answers or don't get answers that feel right to you, you always have the right to say no. You also have the right not to consent and the right to make a complaint.

This is one in a series of pamphlets about your privacy rights and mental health.

The other pamphlets in this series include:

- What are my privacy rights?
- Why am I being asked these questions?
- Who might see my information?
- What is in my file?

For more information about your privacy rights, please see the Information and Privacy Commissioner of Ontario's website at www.ipc.on.ca or call:

Toronto Area (416/local 905): 416-326-3333

Long Distance: 1-800-387-0073 (within Ontario)

TDD/TTY: 416-325-7539

Pour joindre l'agente des communications bilingue, veuillez composer le: 416-326-4804