**Support from people I trust**

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|  | This easy read information sheet is about how the people you trust can support you while in hospital.  This could be   * your family * your friends * your support people |
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|  | **How people you trust can be involved in your treatment**  Your <insert appropriate person> will talk with you about how people you trust can be involved in your **treatment**.  **Treatments** are things that can help you feel better.  Your family or support person can provide extra information about you when that helps you. |
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|  | If you do not want your family or a support person to be involved in your treatment, that is OK too. |
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|  | However, some people have a **guardian**.  A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself.  A guardian may need to be involved in decisions about your treatment even if you do not want them to be. |
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|  | People you trust can also support your **mental health** when you go home if that helps you.  **Mental health** is about how you think and how you feel.  Your family, friend or support person may notice if you feel sad or worried and should call your <Insert appropriate person>. |
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|  | **Visiting you in hospital**  People you trust can visit you in hospital if you want.  This could be   * a family member * a friend * a support person |
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|  | You can <call/email> your family, support person, or friends to arrange their visit.  Visiting hours are  <insert days and times> |
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|  | You can meet with the people who visit you in <insert locations>.  People who visit you cannot go into <insert locations if applicable>. |
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|  | **Information that people you trust can be given**  The **Mental Health Act** is the rules about mental health treatment in NSW. |
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|  | The **Mental Health Act** says you can choose who you would like to be your **designated carers**. |
|  | A **designated carer** is a person who you have chosen to be told information about your mental health and hospital stay.  You can choose 1 or 2 people to be your designated carers.  Designated carers are people who you know well. |
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|  | You or your doctor will decide who your **principal care provider** is.  Your **principal care provider** is the main person who helps or cares for you when you are at home.  Your doctor will **not** choose someone you do not want information given to. |
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|  | Your designated carers and principal care provider will be told   * that you are in hospital * what treatments you will be given * when you go to another hospital * when you leave hospital * about plans for your care after you go home |
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|  | Your <health care team> can give other people information about you if you say it is OK. |
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|  | There is a list of what some **words** mean in this information sheet [**here**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_Wordlist_ERv1.pdf)or go to[**www.3dn.unsw.edu.au/projects/easyread**](http://www.3dn.unsw.edu.au/projects/easyread) |

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This information sheet is part of a series of easy read resources explaining

* how people can access public mental health services in New South Wales and
* what they can expect.

For information on how to support people to use easy read see [**Making mental health information accessible for people with intellectual disability****– A Toolkit**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_AccessibleInformation_Toolkit_ERv1.pdf)

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