

# Questions you can ask when you go to hospital for your mental health



**Mental health** is about how you think and how you feel.

These are questions you may like to ask if you go to hospital.

The sheet also contains statements you can say to **mental health workers**.



**Mental health workers** are people who work to help you with your mental health.

This sheet does not have the answers to your questions.

Mental health workers will give you the answers.



You do not have to ask all these questions.

You can ask any questions when it suits you.

## These are some questions you could ask



### Questions about your hospital stay

- Where am I?
- Why am I here?
- Do I have to be here?
- How long will I be here?
- Who decides how long I will have to stay in hospital?
- How do I talk to them?
- Do I have to pay to be here?



You can say

Please give me a doctor who knows about people with intellectual disability



- How can I talk to
  - my family
  - my friends
  - my support people
  
- Can they visit me?



You can say

- I will need information in easy read
  
- I may need some support to read it



You can say

I may need help to fill out forms.



## Questions about what happens in hospital

- What will I do in hospital in the day?
- What will happen in hospital at night?



## Questions about treatment

**Treatments** are things that can help you feel better.

- What treatments can help me to feel better?
- Can I choose the treatment I want?
- Who can I ask about my treatment?
- Will this hurt me?



## Questions about medications

**Medication** is sometimes called medicine or drugs.

Medication can be in

- a tablet
- a pill
- a drink
- a needle

Doctors tell people which medicine to take to make them better.

Medication is a type of treatment.

Some medications can give you **side effects**.

A **side effect** can make you feel unwell.





It is good to ask questions if you do not understand what the medication is.

- Do I have to take medication?
- Does the medication have any side effects?
- How will the medication make me feel?

### Questions about personal items



- How can I get my clothes and other things from home?
- What things am I **not** allowed to have in hospital?

### Questions about going home



- When can I go home?
- What happens before I go home?
- How will I get help when I go home?



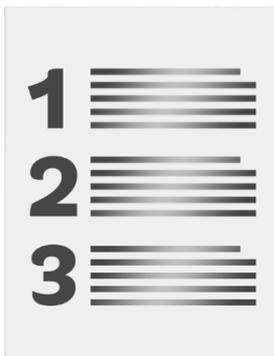
## Questions about who I can talk to if I feel bad

- Who can I talk to if I feel bad?
- Who can I talk to if someone says bad things to me?
- What can I do if someone hurts me?



## How can I make a **complaint**?

A **complaint** is when you tell someone you are not happy with something.



There is a list of what some **words** mean in this information sheet **here** or go to [www.3dn.unsw.edu.au/projects/easyread](http://www.3dn.unsw.edu.au/projects/easyread).

# Easy read information on public mental health services in New South Wales

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### Authors

Janelle Weise<sup>1</sup>, Bronwyn Newman<sup>1</sup>, Claire Eagleson<sup>1</sup>, Karen Fisher<sup>2</sup>, and Julian Trollor<sup>1</sup>.

<sup>1</sup>Department of Developmental Disability Neuropsychiatry,  
School of Psychiatry, Faculty of Medicine, UNSW Sydney

<sup>2</sup>Social Policy Research Centre, Faculty of Arts and Social  
Sciences, UNSW Sydney

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](#)

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