

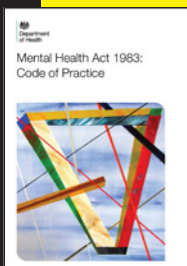


Department  
of Health

An easy read fact sheet

# Questions to ask when you are detained

Questions for you to  
ask if you are detained  
under the Mental  
Health Act.



## Know your rights

The Mental Health Act  
Code of Practice

# Questions to ask when you are detained

Sometimes it's difficult to know the right questions to ask. In this fact sheet we suggest some questions for you to ask hospital staff.

## Questions for you to ask

- ? Why am I here – how will hospital help me?
- ? Do I have to stay?
- ? How long do I have to stay?
- ? How can I stay in touch with my friends and family?



- ❓ Can I go out of the hospital and go for a walk?
- ❓ Can I still do what I do during the day?
- ❓ How do I leave the hospital?
- ❓ How will you make sure I stay well and don't come back into hospital?
- ❓ What will my support be like?
- ❓ Who decides what happens to me, their name and contact?
- ❓ Who can help me speak up about what I want?
- ❓ How do you keep me safe?
- ❓ What do I do if I don't feel safe?
- ❓ What are the rules I have to follow?



- ❓ What happens if I do something wrong, if I don't follow the rules?
- ❓ How do I make a complaint?
- ❓ Who do I talk to about my treatment?
- ❓ Can I bring my personal things with me?
- ❓ What things can't I have?
- ❓ What do I do if I have a problem with another patient?



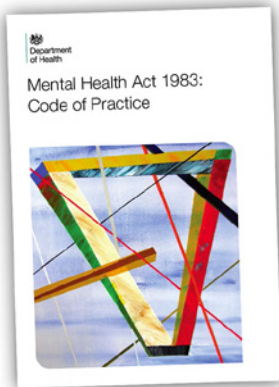


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# The Mental Health Act Code of Practice

**Download the code:**

[www.gov.uk/government/uploads/system/uploads/  
attachment\\_data/file/396918/Code\\_of\\_Practice.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/396918/Code_of_Practice.pdf)



**Download the easy read fact sheets:**

[www.nhs.uk/easy-mentalhealthact](http://www.nhs.uk/easy-mentalhealthact)

**Download the easy read glossary:**

[www.nhs.uk/glossary](http://www.nhs.uk/glossary)