

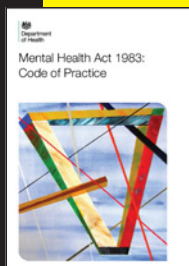


Department  
of Health

An easy read fact sheet

# How information about you is shared with your family, friends and carers

Sharing my information  
with my family,  
friends and carers  
and my rights



## Know your rights

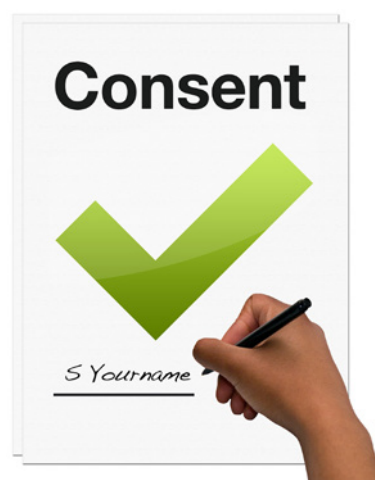
The Mental Health Act  
Code of Practice

# How information about you is shared with your family, friends and carers

## Key facts

- \* Normally the people involved in your care will not share your information unless you say they can
- \* There are times they can share some things without you saying they can
- \* If you want to know more you can speak to your **Independent Mental Health Advocate**.

**It is important to remember:** you should be fully involved in decisions about your care, support and treatment. That includes how information about you is shared.



## Your consent – this means you agreeing

- Normally, the people involved in your care and treatment will not talk to your family, friends and carers about your care and treatment unless you agree.

This is the case for everyone, even close family members

- The people involved in your treatment can talk to your family, friends and carers about some or all of your care and treatment if you agree.





## You can choose what they share.

- Giving your family and friends information about your care and treatment could make it easier for them to support you when you are in hospital and when you leave, but this is up to you.
- The people involved in your care and treatment should regularly ask you if you are happy for them to share information with your family, friends and carers.
- The people involved in your care and treatment should keep a record of your choices.
- Sometimes the people involved in your care and treatment can share your personal information without your agreement.



## What can I do if I am unhappy about what is being shared?

- If you have concerns about how your information is being shared you should talk to your nearest relative or Independent Mental Health Advocate to see if there is a breach of confidentiality.







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## Where in the code?

**This easy read fact sheet comes from:**

- Code of Practice, Chp 10 'Confidentiality and Information Sharing' pages 79-81

**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)

### More information:

**Confidentiality NHS code of practice DH 2003**

[www.gov.uk/government/publications/confidentiality-nhs-code-of-practice](http://www.gov.uk/government/publications/confidentiality-nhs-code-of-practice)

**Rethink information for family, friends  
and carers**

[www.rethink.org/carers-family-friends/what-you-need-to-know/confidentiality-with-family-friends](http://www.rethink.org/carers-family-friends/what-you-need-to-know/confidentiality-with-family-friends)