

My Rights

Magazine

A magazine for young people in mental health hospitals

This is your magazine

It is about restrictive practices.

It tells you about your rights and who can help you .

All you wanted to know but were afraid to ask

We've left spaces on lots of the pages for you to doodle or write your own ideas



Speakup
Self Advocacy

NHS

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This is not designed to be read cover to cover. What do you need to know about today? Turn to that page now

Word search

Find the words

h	r	e	l	a	t	i	o	n	s	h	i	p	s
c	o	m	m	i	s	s	i	o	n	e	r	s	o
i	s	s	d	n	o	i	t	a	c	u	d	e	e
n	e	a	d	t	l	t	o	y	c	s	d	t	i
u	d	i	s	c	h	a	r	g	e	e	a	e	e
r	t	e	c	e	c	n	g	e	i	c	c	v	v
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y	s	w	w	l	w	a	h	o	s	n	e	t	i
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c	i	s	i	s	o	n	g	a	i	d	s	r	g
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access
achievement
advocate
anxiety
camhs
cetr
commissioner
corners
cpa
diagnosis
discharge
education
hospital
leave
mdt
moving on
nurses
relationships
section
therapy
visitors
ward
worried



A final message from us all!



David

I hope you found the information in this magazine helpful.

I hope you now know that you don't have to just accept restrictions put on you in hospital. Restrictive practice is only one way to keep people safe – there are other ways. It is good to ask questions. It is good to tell people if something feels unfair or doesn't feel right. Keep speaking up and asking questions.

Kya

This is about you and your recovery. Make sure you have a voice. Everyone should be speaking with you, not about you, and you should be involved in all decisions. Keep talking to staff. When the staff involved me and my family about my care and what I wanted, things started to improve. After a long time in hospital, I am now at home. I have a lot of support in place and it now works. If I can do it, you can do it too.



Marshall

There's a light at the end of the tunnel. I was in a CAMHS PICU where I had a lot of restrictions on what I could and couldn't do. I talked to my staff, I played board games, I started to have a bit more leave in the community, I didn't have any self-harm incidents. The team felt that I was ready to be transferred to supported living accommodation. It is still part of the hospital, but I get to make decisions for myself and be more independent. It was a good feeling to become more independent, I hope you achieve your goals too.

