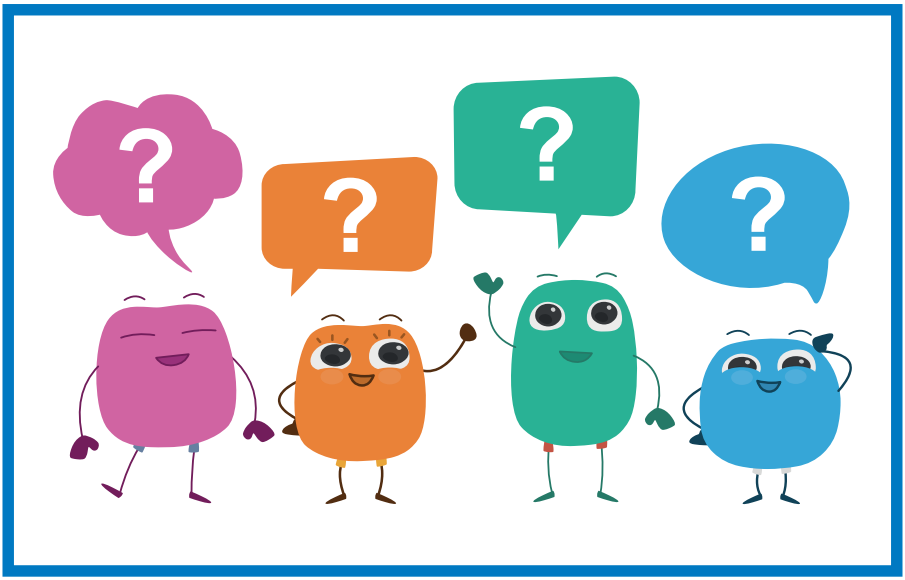
NHS
Hertfordshire
Partnership University
NHS Foundation Trust

It's OK to Ask



This EasyRead leaflet helps you ask questions about your health and feel confident.

as one

Our Values
Welcoming Kind Positive Respectful Professional

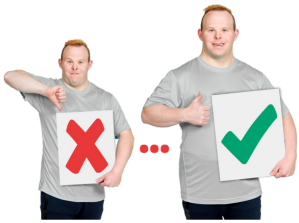
Why asking questions is good

Understand

When you understand your health, you can make better choices about your treatment.

You can always ask your doctor, nurse or healthcare team questions.

Good questions to ask



- How will this help me?
- Is there something else that might help?

- Could anything go wrong?
- What happens if I do nothing?

Your appointment

You might feel worried or have questions before your appointment. That's OK.

Asking questions helps you understand your health and care.

You can bring a family member, friend or carer with you.

They can help you ask questions. They can remind you of what the doctor or nurse said.

If you choose not to have treatment

Your doctor or nurse can explain what might happen.

They can tell you if your condition might get worse.

They can tell you what to do if you change your mind later.

How long will treatment take?

Your healthcare team can tell you:

When your treatment will start.

How many appointments you will need.

How long it might take to feel better.

Learn about your medicine

You can find EasyRead information about treatments and medicine online.

Visit the website www.choiceandmedication.org/hertfordshire.

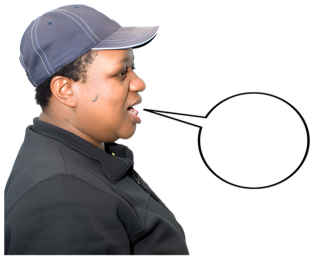
You can also scan the QR code.

This website is for people who use HPFT services, their carers, and staff.

Notes and questions

You can write your questions here.

The doctor said...



I want to say...

Approved By

Making Services Better

www.hpft.nhs.uk

September 2025

This leaflet is adapted with permission from the Hertfordshire and West Essex Integrated Care Board.