

**It's ok to
ask**

It's important that the information you are given about your health and wellbeing makes sense to you. This will help you get better and stay well.

It's ok to ask:

- 1 What is my main issue?**
- 2 What are my choices?**
- 3 What are the benefits and possible risks of each option?**
- 4 What happens next?**

It's ok to...

- Ask again if you don't understand something. Don't feel rushed or embarrassed.**
- Make a list of things you want to talk about. This could be things that are important to you.**
- Ask if you can bring a friend or someone from your family to help you.**
- Make a list of the medicines you are taking and take it with you. It's easy to forget their names.**
- Ask the pharmacist. They are there to help you.**





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Use this space to write things down, keep notes and reminders for the next time you speak to someone about your health and wellbeing.



This image shows a full page of white paper with horizontal light blue lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, dark blue outline of a heart. Inside the heart, the text "#Together Leeds" is written in a dark blue, sans-serif font. The hashtag symbol is at the top left of the heart, followed by "Together" on the first line and "Leeds" on the second line.

