A possible next step

5

Plan for transfers and release

Ask how to continue your treatment and how the necessary information will reach the next healthcare team. Do not change the medication on your own.

[12]

6

Find a safe support channel

Ask about social assistance, legal support or complaint mechanisms available. Assess with support how to communicate a problem without exposing yourself unnecessarily.

[12]

Information with sources

[12] ONU / UN · Nelson Mandela Rules (2015)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.

Full references and HTML version

estigma.info

General information: info@estigma.info

Do not send diagnoses or personal documents to this address.

Project lead: Pablo Ryan · SEISIDA · IFMSA-Spain · UCM

Professional, community and language review pending.

Edition: 27/09/2026

MOBHOPE
WP3

Your dignity is still with you.

Health, privacy and respectful treatment in prison.

Is it hard to seek care because you fear rejection or others finding out?

Being in prison does not eliminate your dignity. The Nelson Mandela Rules establish international principles of healthcare, confidentiality and continuity. The specific procedures depend on the country and the center.

English · estigma.info

1

Health concerns need a healthcare response

Ask the healthcare team to listen to your symptoms and concerns without reducing them to your legal situation.

[12]

2

Ask how to request an appointment

If you do not know the process, ask healthcare staff or a support person. Find out how to report an urgent problem in your facility.

[12]

Recognise · understand · act

3

Request privacy

Ask if you can speak without others listening and who will have access to the information. Absolute secrecy cannot be promised in all situations.

[12]

4

You need to understand what is proposed

Ask that the tests, treatments and results be explained to you in clear words. Ask what options you have and how your consent is collected.

[12]

Seeking care is an important step.

A diagnosis or a conviction does not justify humiliation. This brochure informs and does not replace legal guidance about your case.

You can ask: “How can I continue my care if I am transferred or released?”

Connected with MOBHOPE · WP3: stigma and human dignity

MOBHOPE
WP3