3. Medical Issues

If you have any medical issues such as asthma, epilepsy, diabetes, pregnancy, heart problems, (even if they have not occurred recently), then:

- **Tell your mates.**
- **Carry any emergency medication you may require, eg insulin, inhaler. Even if you have not had a problem for a long time.**
- **It would be useful if you wore a small wristband with medical issues written on it, because it makes it easier for medics to treat you.**

In Custody

You have a right to your regular medication in custody, and to see a doctor if you are feeling unwell. You can learn more about what happens in custody in our guide to arrest.

Mental Health Issues in Custody

Some of the questions you will be asked when you are booked in at the station will concern your physical and mental health (including whether you have a history of self-harm). The stated purpose of these questions is to ascertain whether you have any disabilities and/or pre-existing health conditions which may put you at risk while you are in custody.

It is important to realise that if you tell the officer booking you in that you do have mental health problems and/or a history of self-harm OR answer no comment to those questions, the police are very likely to regularly check up on you when you are placed in a cell. This can be unpleasant and seriously disrupt any attempts at sleep.

If you think you are likely to be arrested on a demonstration, it is worth considering how you will deal with this. Our recommendation is to do whatever makes you feel safest.