

Coming into hospital so we can see how we can treat you

Information for patients being treated under the Mental Health Act



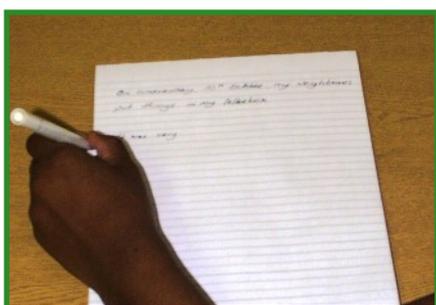
East London
NHS Foundation Trust



EasyRead version



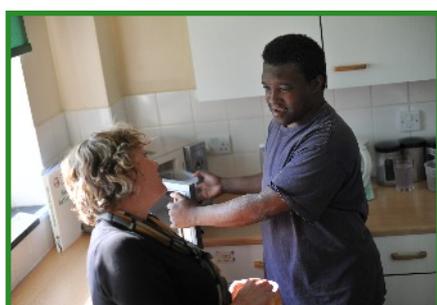
East London NHS Trust runs mental health and community health services.



We wrote this information to help you understand your rights.



This is an EasyRead version of **Admission to Hospital for Treatment (Section 3 of the Mental Health Act 1983)**.



The Mental Health Act is the law that tells people with a **mental disorder** about their rights and how they can be treated.



Mental disorder means a disorder or disability of the mind such as:

- a mental illness



- a learning disability



- a personality disorder.

About you



Your name:



Name of the person in charge of your care:



The name of your hospital and ward:



Why you are in hospital



You are being kept in this hospital under Section 3 of the Mental Health Act. This is because 2 doctors and an Approved Mental Health Professional think you need treatment or care.



You must stay here to get the treatment you need.



The Mental Health Act says we can keep you here for up to 6 months at first.



You cannot leave during this time unless the person in charge of your care says you can.



Staff can stop you if you try to leave.



We can bring you back if you do leave.



What happens next



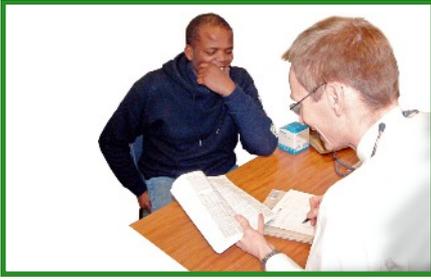
The person in charge of your care will say when they think you are well enough to leave hospital.



They can keep you for another 6 months if they need to. After this, they can keep you for a year at a time.



They will talk to you about this each time they decide you need to be in hospital longer.



Your treatment



The person in charge of your care and other staff will talk about your treatment in hospital. You usually have to agree to what they say.



After 3 months we cannot give you any medicine or drugs if you say no or are too ill to agree to it, unless it is an emergency or a doctor who is not from the hospital thinks they are right for you.



This independent doctor is called a SOAD (Second Opinion Appointed Doctor). They will talk to you at the hospital and decide what treatment is right for you.



There are different rules for special treatments like ECT (Electro Convulsive Therapy). Staff will talk to you if you need them and give you another leaflet.



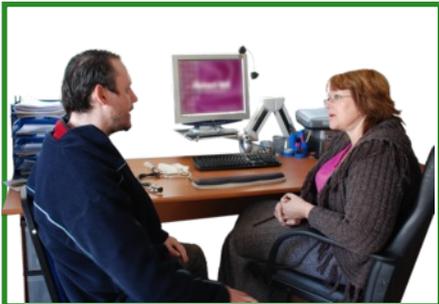
If you do not agree with this



You can ask the **Hospital Managers** to let you leave hospital at any time.



The Hospital Managers are a group who decide if people should be kept in hospital.



They might want to talk to you before they decide.



You can ask a member of staff to help you contact the Hospital Managers or write to them at:



Your Nearest Relative can also ask the Hospital Managers to let you leave hospital.



If they do, we have to let you leave after 72 hours unless you might be a danger to yourself or other people.



If they refuse, your Nearest Relative cannot ask again for 6 months.



You can also ask a **Tribunal** to say you can leave hospital.

About the Tribunal



The Tribunal is a group who can decide if you should leave hospital. They do not work for the NHS.



You can ask them in the first 6 months you are in hospital.



You can ask them again in the next 6 months and once a year while you are on a supervised treatment.





The Tribunal will read reports about you and your care. One of them will come and talk to you.



Then they have a meeting with you and staff who know you. This is called a **hearing**.



You can ask someone to come and help you at this meeting.

How to contact the Tribunal

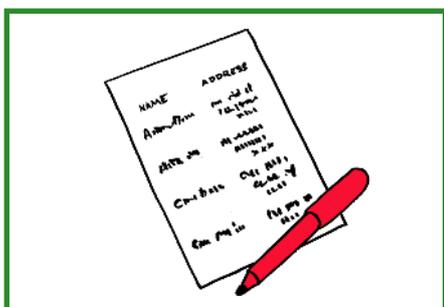


Telephone: 0845 2232022

Write to: The Tribunals Service
PO Box 8793
5th Floor
Leicester
LE1 8BN



Your solicitor can write to the Tribunal and help you at the meeting. You do not have to pay them.



The hospital and the Law Society have a list of solicitors who do this.



Independent mental health advocate



You can have support from an independent mental health advocate if you want it.



The advocate is independent. This means they do not work for the NHS or anyone else involved in your care.



They can:

- tell you about your rights



- help you understand what is happening



- help you tell people what you want.



- help you with the Tribunal.



Ask the staff where there is a telephone for you to talk to the advocacy service in private.



The telephone number for the advocacy service is:



You can ask a member of staff to telephone them for you.



Telling your Nearest Relative

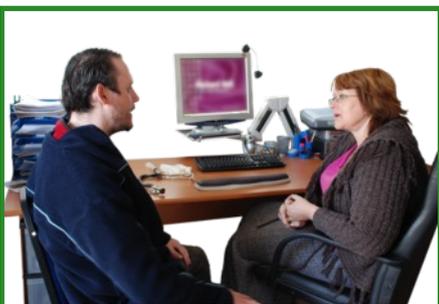


We will give your Nearest Relative a copy of this leaflet.



The staff can give you a leaflet about who your Nearest Relative is and what they can do.

We have been told your Nearest Relative is:



If you do not want them to have a copy of this leaflet, please tell your nurse or a member of staff.



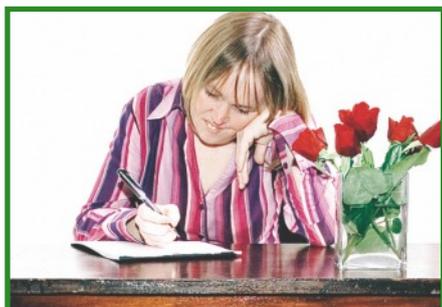
You can ask the county court to change your Nearest Relative. The staff can give you a leaflet about this.



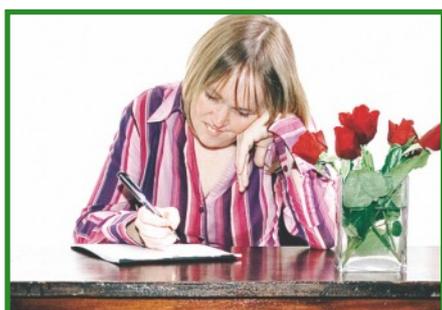
Your letters



We will give you all the letters that are sent to you.



You can write letters to anyone, unless people say they do not want letters from you.



If you write to them, we will stop the letters.



The Code of Practice



The Code of Practice tells staff how to treat people under the Mental Health Act.



They have to think about it when they decide about your care.



You can ask to see a copy of the Code.

How to complain



Please tell the staff if you are not happy with your care and treatment in hospital.



If they cannot sort things out they will tell you how to complain. They can also tell you about people like an independent mental health advocate who can help you.



If you are not happy with how the hospital deals with your complaint you can tell the Care Quality Commission. They do not work for the NHS and check that people use the Mental Health Act properly.



Staff can give you a leaflet about how to contact the Commission.



How to find out more

Please ask the person who gave you this leaflet or other member of staff if:



- you do not understand anything



- you want to ask any questions



- you want a copy of this leaflet for someone else.



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