

When your restrictions end

Information for patients being treated under
the Mental Health Act



East London 
NHS Foundation Trust

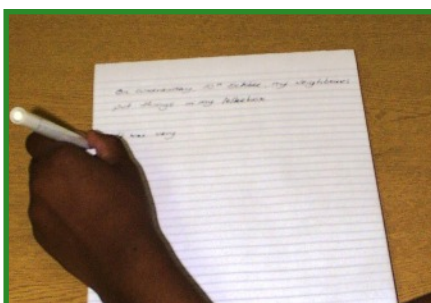
easy
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EasyRead version



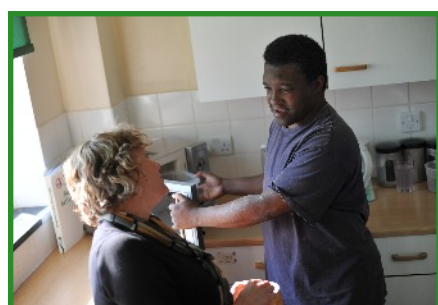
East London NHS Trust runs mental health and community health services.



We wrote this information to help you understand your rights.



This is an EasyRead version of **Patients whose Restrictions have come to an end. Section 41(5) 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.



Your name:



About this leaflet

You are being kept in this hospital because:



- a court said you had to come here or



- you came here from prison.



Up to now you have had special **restrictions**.



Restrictions mean losing some freedom or not being able to do some things.



This leaflet explains what happens because your restrictions ended on



Date:



We can still keep you in hospital.



But some rules about how long you must stay and how you can ask to leave have changed.



How long you have to stay



You can be kept here for up to 6 months to get the treatment you need.



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 another year at a time.



They will talk to you when the time is nearly up and explain what will happen next.



If you do not agree with this



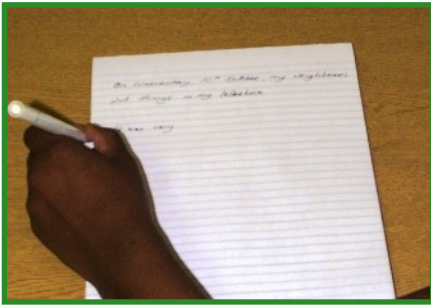
If you do not think you need to be in hospital longer you can ask the **Hospital Managers** to let you leave.



They 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:



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

About the Tribunal



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



You can ask them to look at things in the first 6 months after your restrictions end. You can then ask them in the next 6 months and once a year while you are kept in hospital.



Your Nearest Relative can also ask them to look at things again.



They 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 from the hospital. This is called a **hearing**.



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



How to contact the Tribunal

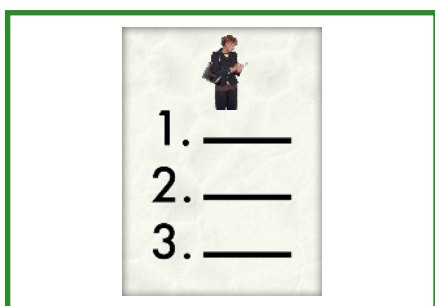
Telephone:
0845 2232022



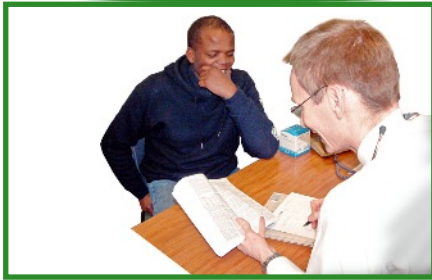
Write to:
The Tribunals Service
PO Box 8793
5th Floor
Leicester
LE1 8BN



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.



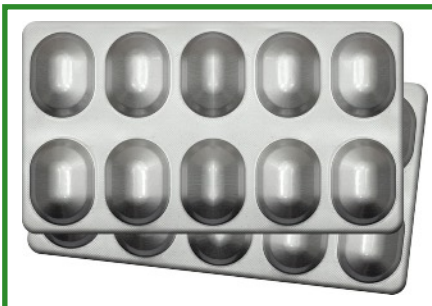
Your treatment



The rules about your treatment have not changed.



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



We can only give you medicine or drugs if you agree or if it is an emergency.



An independent doctor must decide whether we can give you medicine or drugs if you say you do not want them or are too ill to decide.



This independent doctor is called a SOAD (Second Opinion Appointed Doctor).



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.



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 or your Nearest Relative 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

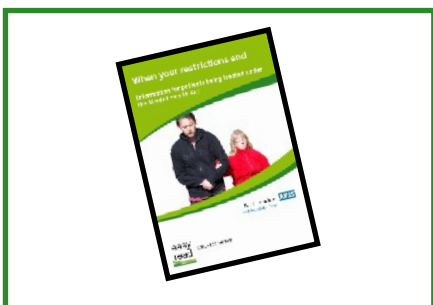
Please ask the person who gave you this leaflet or other member of staff if:



- you do not understand anything



- you want to ask any questions



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



Credits

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