

Sending you to hospital for treatment

Information for patients being treated under the Mental Health Act



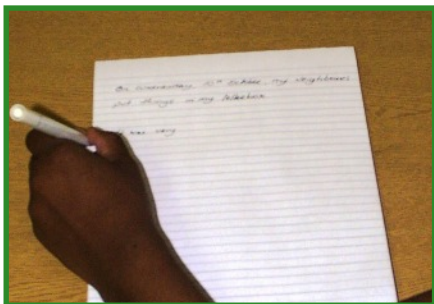
East London
NHS Foundation Trust



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 by a Hospital Order without Restrictions (Section 37 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 treatment:



The name of your hospital and ward:



Date of your **hospital order**:



Why you are in hospital



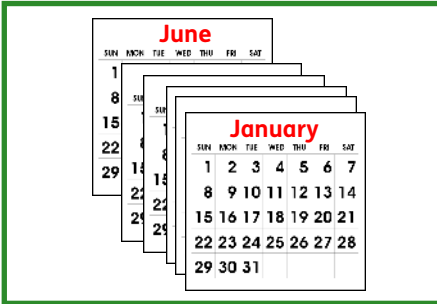
The court sent you to this hospital.



2 doctors told the court you have a mental disorder and need to be in hospital. This is called a **hospital order**.



How long will I be here?



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



You must not leave the hospital unless the person in charge of your care agrees.



If you try to leave staff can stop you.



If you do leave you can be brought back here.



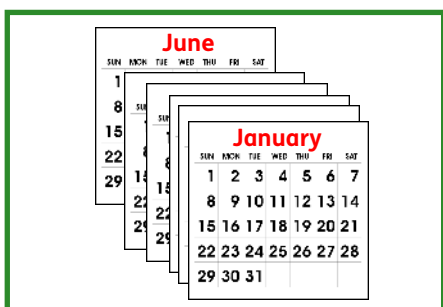
What happens next?



The person in charge of your treatment will decide if you need to stay in longer.



They will talk with you about this when they have to decide.



If you need it, they can keep you in hospital for another 6 months. Then it is looked at every year.



Can I appeal if I do not agree with this?

There are 3 ways to appeal.



1. Ask the court

You can ask the court to think about you again. You must do this quickly. It is best to ask a solicitor to help you.



2. Ask Hospital Managers

You can also ask the **Hospital Managers** to let you leave hospital.



Hospital Managers are a special group at the hospital to decide if people need to stay in. They may want to talk to you before deciding what to do.



If you want to ask the Hospital Managers you can write to them at:



Or ask hospital staff to help you contact the Hospital Managers.



3. Tribunal

After 6 months you can ask a **tribunal** to let you leave hospital. Or your nearest relative can ask for you. We explain on page who your nearest relative is.



What is a tribunal and what happens?



The tribunal is an independent group of people. They decide if you can leave hospital.



They have a meeting with you and hospital staff who know you. This meeting is called a **hearing**.



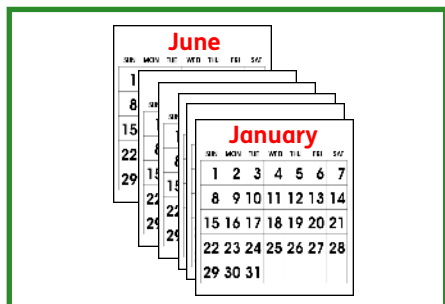
You can ask someone to go with you to the hearing to help you.



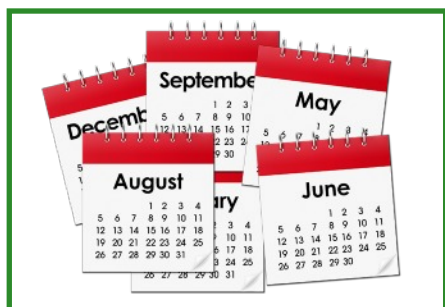
Before the hearing the tribunal will read reports from the hospital about you. One of the tribunal will come to talk with you.



When can I contact the Tribunal?



When you have had a hospital order for 6 months you can contact the tribunal.



Then you can contact the tribunal once every year that you are kept in hospital.

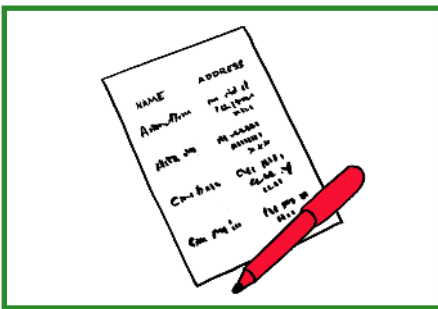
Contact the tribunal at:

Telephone: 0845 2232022

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



You can ask a solicitor to write to the tribunal and help you at the hearing.



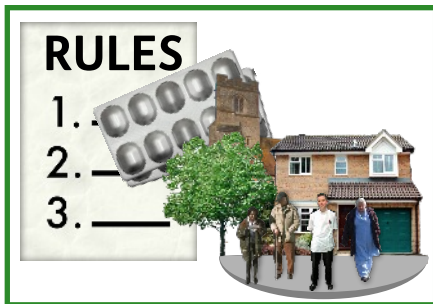
Your social services and the Law Society have a list of solicitors who do this. You do not have to pay for a solicitor to help you with this. It is free with Legal Aid.



What treatment will I get here?



Hospital staff will tell you what treatment they think you need. You must take medicine or drugs staff give you.



After 3 months there are special rules if you do not want to take the medicine or drugs.



Or you may be too ill to say if you want to take them. Then a doctor who is not from this hospital will visit you. They will talk with you and staff.



This independent doctor is called a SOAD (Second Opinion Appointed Doctor). You can only have medicine or drugs that the SOAD doctor says you can. Unless it is an emergency.



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 to telephone them for you.



Your nearest relative



We will give a copy of this leaflet to your nearest relative if you are not on a Restriction Order.



Your nearest relative looks out for you if you are treated under the Mental Health Act in hospital or the community.



The Mental Health Act has a list of people who are seen as your nearest relative. Hospital staff can give you a leaflet that explains it more.

We have been told your nearest relative is:

If you do not want this person to get a copy of this leaflet please tell:



- your nurse



- Another member of staff.

Changing your Nearest Relative



You may not think the person named will be good as your nearest relative. You can ask the county court to change your nearest relative.



Hospital staff have a leaflet that explains how to do 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

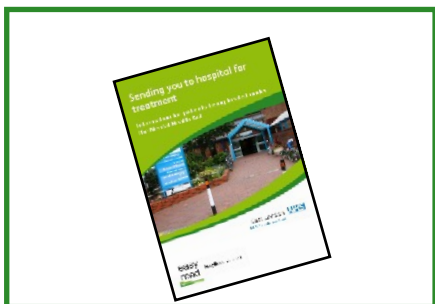
Please ask the person who gave you this leaflet or other member of staff if:



- 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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