

# Sending you to hospital when we do not know when you will come out

Information for patients being treated under the Mental Health Act



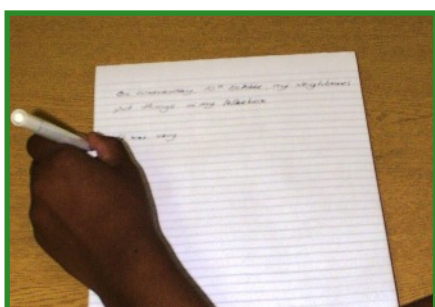
East London  
NHS Foundation Trust



EasyRead version



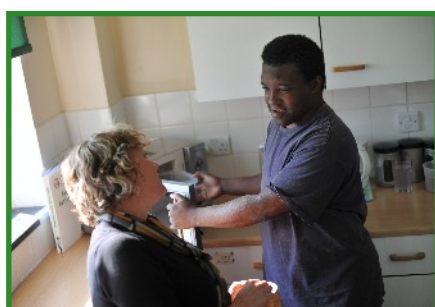
East London NHS Trust runs mental health and community health services.



We wrote this information to help you understand your rights.



This is an EasyRead version of **Admission to Hospital by a Hospital Order with Restrictions (Sections 37 and 41 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:



Name of the your hospital and ward:



Date of your hospital order:



## Why am I 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.



The court also gave you a **restriction order**.



## What is a restriction order?



Only the Minister for Justice in the government or a tribunal can say you can leave the hospital.



When you leave hospital you will have to keep to certain rules. The rules will be explained to you when you leave.



You cannot be sent anywhere else unless the Minister for Justice agrees.



A report about how you are is sent to the Minister for Justice at least every year.



## How long will I be here?



The person in charge of your treatment will tell you when they think you are well enough to leave.



They have to ask the Minister for Justice to agree.



You cannot leave the hospital until the Minister for Justice agrees. If you try to leave staff can stop you.



If you do leave you can be brought back here.



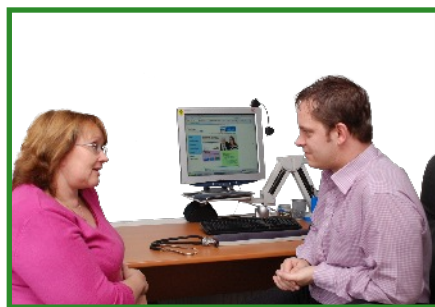
## What treatment will I get here?



Hospital staff will tell you what treatment they think you need.



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.





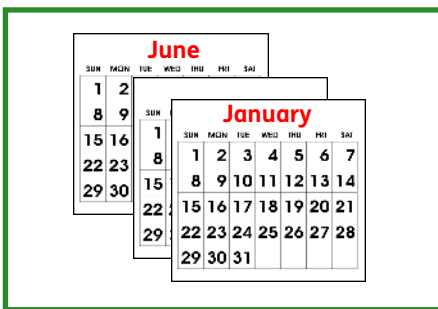
## Can I appeal if I do not agree with this?



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.



Ask hospital staff about this. They will give you another leaflet.



After 6 months in hospital you can ask to go to a **tribunal**.



## 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.



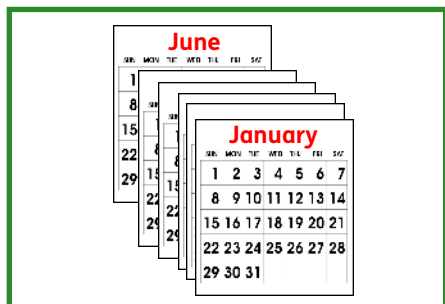
Before the hearing the tribunal will read reports from the hospital about you.



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.

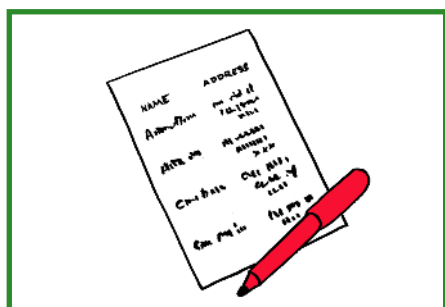
Contact the tribunal at:

Telephone: 0845 2232022

Write to: The Tribunals Service  
PO Box 8793  
5<sup>th</sup> 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.



## 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 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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