

# Being kept in hospital in an emergency so we can see how we can help you

Information for patients being treated under the Mental Health Act



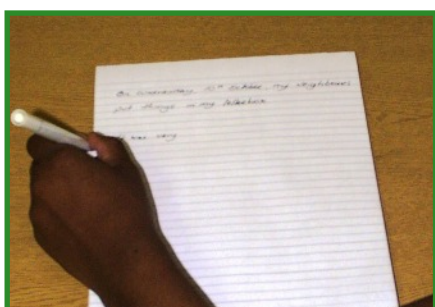
East London  
NHS Foundation Trust



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 **Detention in Hospital for Assessment in an emergency (Section 4 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 4 of the Mental Health Act. This is because a doctor and an Approved Mental Health Professional think that you have a mental disorder and need to stay in hospital.



We can keep you here for up to 72 hours. This is so a 2nd doctor can see you and decide if you should be in hospital.



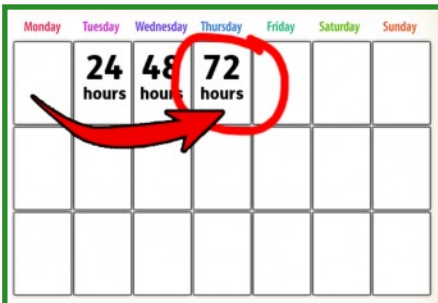
You cannot leave during this time unless the person in charge of your care says you can.



Staff can stop you if you try to leave.



We can bring you back if you do leave.



Your 72 hours will end at:

Date

Time



If you have not seen a 2nd doctor by then, you can leave if you want to. Please talk to the staff before you go.



## What happens next



The 2nd doctor will decide if you need to stay in hospital longer.



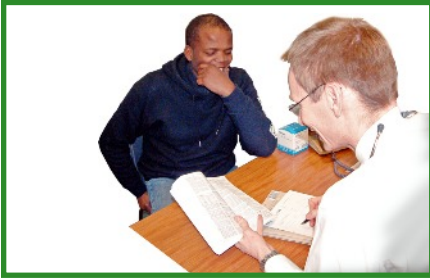
The doctor or the person in charge of your care will tell you why you need to stay and how long it might be.



They will give you a leaflet about this.



If the doctor decides you can leave they will tell you about other help you can get.



## Your treatment



The staff will talk to you about any treatment you need.



You can usually say if you want the treatment or not.

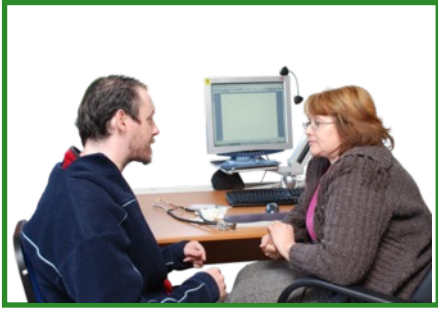


There are a few times when you can be given treatment even if you say no. Staff will explain this to you.





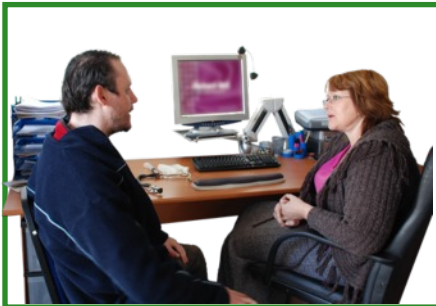
## If you do not agree with this



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.



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.





They will only do this if the 2nd doctor decides you need to be in hospital for more than 72 hours.

## How to contact the Tribunal

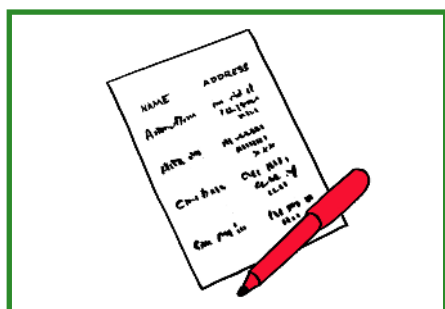


Telephone: 0845 2232022

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



## Telling your Nearest Relative

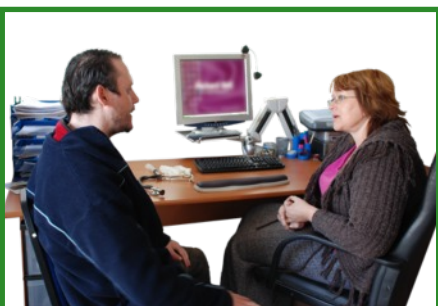


We will give your Nearest Relative a copy of this leaflet.



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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