

If a court sends you to hospital until the Secretary of State says you can leave

Information for patients being treated under the Mental Health Act



East London 
NHS Foundation Trust

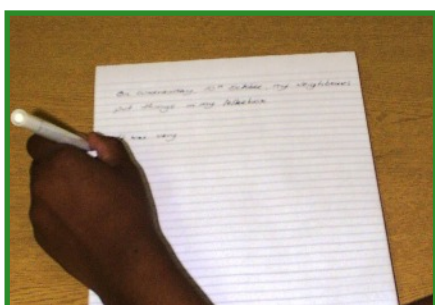
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EasyRead version



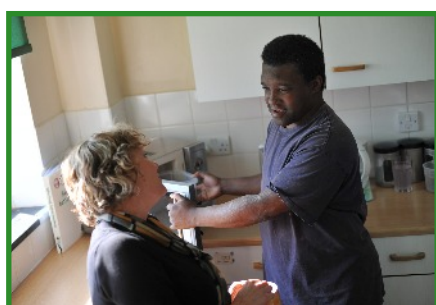
East London NHS Trust runs mental health and community health services.



We wrote this information to help you understand your rights.



This is an EasyRead version of **Admission to Hospital by Hospital and Limitation Directions (Section 45A 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 and limitation directions:



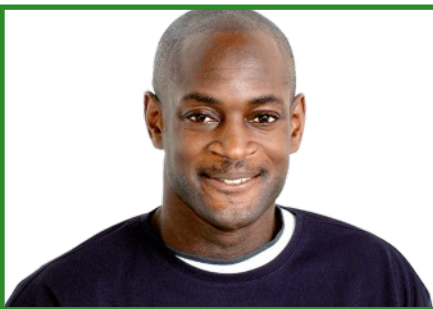
Why you are in hospital



2 doctors told the court you need treatment in hospital under the Mental Health Act.



The court has sent you to this hospital with a **limitation direction**.



This means you can only leave when the **Secretary of State for Justice** or **Parole Board** says you can.



The **Secretary of State for Justice** is a member of the government. They are in charge of everything to do with justice, prisons and the courts.



A **Parole Board** is a group of people who decide if someone is allowed to leave prison.



What happens next



If you try to leave the hospital staff can stop you.



We can bring you back if you do leave.



The person in charge of your care must ask the Secretary of State if you need to leave hospital for a short time or move to another hospital.



They must send the Secretary of State a report about you at least every year.



If the person in charge of your care thinks you do not need any more treatment:



- you could be sent to prison to serve your **sentence**. The **sentence** is the way a court decides to deal with a crime



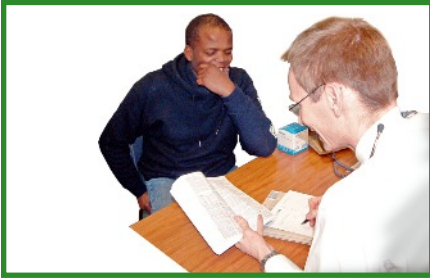
- you could leave hospital but have to stick to the same rules as if you were leaving prison.



You might have to stay in hospital if your sentence ends but you still need treatment.



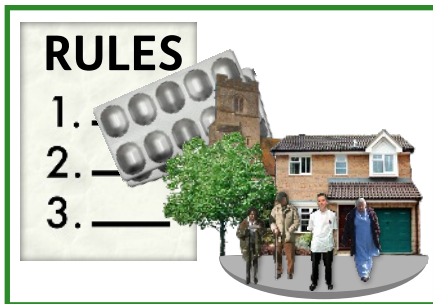
Staff can give you another leaflet about this.



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 there are special rules about giving you drugs and medicines.



If you say no to the medicine or are too ill to agree to it a doctor who is not from this hospital will see you.



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



Unless it is an emergency, staff can only give you the medicine or drugs this doctor said you should have.



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 appeal or tell the court you do not agree with them.



You must do this quickly and might need a solicitor to help you.



The hospital staff can give you a leaflet about this.

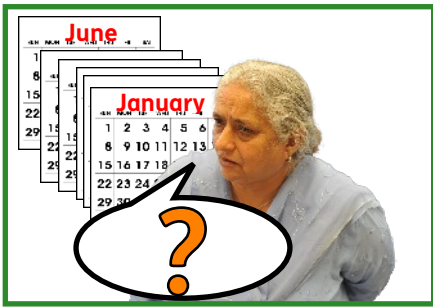


After you have been in hospital for 6 months you can also ask a **Tribunal** if you can leave hospital.

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.



If the Tribunal says you should not be in hospital the Secretary of State can send you to prison to finish your sentence.

How to contact the Tribunal

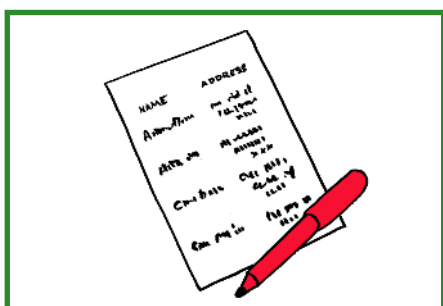


Telephone: 0845 2232022

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.



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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