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Mental Health Act - Section 3



Agnes Unit
400 Anstey Lane
Leicester
LE7 7GL

Mental Health Act Section 3

Going to hospital for treatment



Some people will need someone to support them to go through this information so that they understand it.

This person may be a member of staff, a family member or a friend.



There is more information about the difficult words in this leaflet in another leaflet.

This leaflet is called the Easy Words Dictionary.

All the words in **black type** in this leaflet can be found in there.



This easy read information is about 1 part of mental health law, **Section 3**.

This part of the law is about when someone is taken into hospital to have **treatment** for a **mental health disorder**.

The patient may not always agree with this decision but **doctors** will think it is better for the patient to go into hospital.



This information is about what you should know when you are on a **Mental Health Act Section 3**.

This information is about the time you are kept in hospital, your **treatment** and also the rights of your family (**nearest relative**).



This is information about

- you
- the people looking after you
- where you are staying

Your name

Your nurse

The doctor in charge of your care

Your hospital and ward

Date you came into the hospital

Why am I in hospital?



You are being kept in hospital under the **Mental Health Act, Section 3.**

You may not agree with this decision but 3 people say it is better for you to go into hospital. 2 of these are doctors and one is the **Approved Mental Health Practitioner.**

These people say that you have a **mental health disorder.**

This means that you are behaving in a way that may be unsafe for you and other people like

- hurting yourself
- hitting people
- getting very angry

This is called **risky behaviour.**

It means that **treatment** is needed. It also means that this **treatment** can only be given to you in hospital.

How long will I be in hospital?



At first, you can be kept in hospital for up to 6 months. This is called **detention**. This is so that you can be given the treatment that you need.

You may not be on a **Mental Health Act Section 3** for this long. You could come off the **Mental Health Act Section 3** quickly and still stay in hospital.

Will I be allowed visitors?



Your **doctor** will tell you when you can have visitors.

If it is a member of your family or a friend, you can say if you are not happy to see someone.

What treatment will I be given?



The **treatment** could be

- medicine
- talking to someone about how you feel and
- doing activities that make you feel better.

The person in charge of your care and other staff will talk to you about any **treatment** they think you need.

You will need to follow their advice.

Will I be able to go out while I am staying at the hospital?



During this time, you can only leave the hospital if the person in charge of your care says that you can. This is usually the doctor. This doctor is called the **responsible clinician**.

If you try and leave when staff have said you are not allowed, then staff can stop you. If you do leave, the staff or the police can bring you back.



As you get better the doctor may decide that you will be able to go out to shops and visit family and friends.

This is called **Section 17 leave**.

When will I be able to go back home?



The person in charge of your care will tell you when they think you are well enough to leave the hospital. The doctors call this your discharge.

They may think you should stay in hospital for longer than 6 months. The doctor will check this with another doctor to make sure that it is a good decision.

They can say that you must be kept in hospital for another 6 months.

After this, if they do not think you are well enough to leave they can keep you in hospital for up to a year at a time.

All the time they will check if it is the right place for you.

What can I do if I do not agree with the doctor's decision?



If you do not agree with the doctor about

- being kept in hospital
- the treatment you are getting

you can tell the doctor or another member of staff. They will help you to give your views about why you do not agree with the decision. This is called your **appeal**.



You have a right to an **Independent Mental Health Advocate (IMHA)**. This is a specially trained person who helps patients to have their views heard.

You also have a right to any other advocate that you want to help you to have your say.

Your **nearest relative** may also help you.

They can say that they do not agree with the decision. The doctors may go to court if they think you still need to be in hospital.



You can appeal at any time by talking to the hospital managers. Hospital managers will ask another doctor to see you and say what they think.

You can write to the managers at:

Jane Martin
Agnes Unit
400 Anstey Lane
Leicester
LE7 7GL

You can ask the staff to help you to write a letter or say what you think.

You can also write to the **Tribunal** to tell them that you do not want to stay in hospital.

What happens at a Tribunal?



The Tribunal is a group of people who are not involved in your care. They will meet with you and hospital staff who know you.

You can appeal once to the Tribunal in the first six months. If you are kept in hospital for another 6 months, you can appeal again. If you are kept in for another year, you can appeal once in that year.

They will only meet if a second doctor has said that you need to be kept in hospital longer. They will make the decision if you can leave hospital.

Can I write to the tribunal?



You can write to the Tribunal to tell them that you do not want to stay in hospital. The address of the Tribunal is:

Karen Early or Jonathan Wood
Tribunal (Mental Health)
PO BOX 8793
5th Floor
Leicester LE1 8BN
DX743090 Leicester 35.

You can ask other people to help you write the letter. This could be a carer, a member of your family, a friend, an advocate or a solicitor.

Can I write letters to family and friends while I am in hospital?



You will get all letters that are sent to you.

You can send letters. Hospital staff can stop you sending a letter to someone if they have said that they do not want a letter from you.

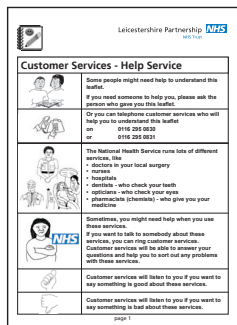
How do I complain if I am not happy?



If you want to complain about something you can speak to any member of staff.

They will try and help you.

Staff can help you write down what you are not happy about. This is then given to the unit manager or the matron.



If you are not happy with the reply staff will give you another leaflet and tell you how to make a complaint to Customer Services.

This leaflet is called, Customer Services - Help Service.



If you are still not happy, you can also complain to the Care Quality Commission. They make sure that hospitals are giving you the right care. Their address is:

CQC National Customer Service Centre
Citygate
Gallowgate
Newcastle upon Tyne
NE1 4PA

If you would like this information in another language or format, please contact Patient Information on 0116 295 0903



This leaflet was made easier to understand by Leicestershire Partnership NHS Trust using Photosymbols 4.