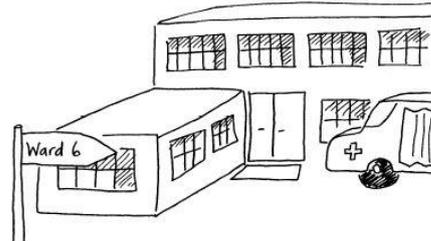


Your rights under the Mental Health Act **Section 3**



Why do I have to stay in Hospital?

- 2 doctors say that you must stay in hospital
- This is because you are unwell
- The staff will give you care and treatment whilst you are in hospital

How long will I have to stay in Hospital?

- You could have to stay for up to 6 months
- Your doctor may agree that you need to stay longer
- If this happens your doctor will talk to you about this

Can I leave?

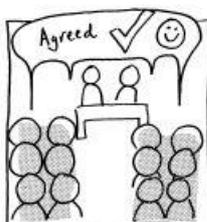
- No. You cannot leave unless the doctor says it is ok to
- Staff can stop you if you try to leave
- This is part of the Mental Health Act 1983 (Section 3)
- If you're on a section 3 you may have to stay on the ward for up to 6 months

What if I want to leave?

- If you want to leave before 6 months, you can talk to your Doctor



- If your doctor says that you can't leave, you can ask the hospital managers or the Mental Health Act Tribunal
- You can write to either the hospital managers or the Mental Health Act Tribunal telling them why you want to leave
- You can leave if the hospital managers or the Mental Health Act Tribunal agree with you



What is a Mental Health Tribunal?

- It is a group of 3 people
- There is a lawyer, psychiatrist and another person (not a doctor)
- They will not know you
- You can ask them to let you leave before 6 months

How do I contact the Mental Health Tribunal?



- Your key worker/nurse will give you a form to fill in or you can write a letter
- Someone will help you with this. This could be your advocate or a member of staff
- You can write to the Tribunal at any time
- The Tribunal will ask why you want to leave
- You do not have to speak to them if you do not want to

What happens next?

- The Tribunal doctor will speak to you



- They will also speak to your doctor and the staff on the ward
- They will decide if you can leave
- If they say that you cannot leave you can apply to the Tribunal again

Who other than my family will support me?



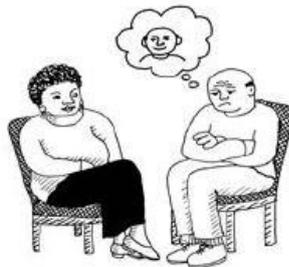
- It is your choice. You could ask your advocate or a Solicitor who will ask questions for you and give you advice
- The hospital, your advocate or the Tribunal can help you find a Solicitor
- After 6 months there will be a Tribunal meeting
- You can apply for a Tribunal every year

What treatment will I be having?

- On the ward you will get treatment to make you better
- Your doctor will talk to you about the treatment you need
- You will have to accept the treatment for the first three months
- After 3 months the doctor will have to ask if you agree to the medication
- You can say no if you do not want this treatment



- If you say no to treatment a doctor from another hospital will come and see you and speak to you and your hospital doctor and care team



- If this doctor agrees with your doctor you will have to carry on taking the medication or course of treatment
- If other treatments have not worked your doctor, you and another doctor will have to agree if very special treatment is needed
- Your doctor has to explain everything to you in a way you understand

What if the treatments at the hospital do not help enough and I don't get better right away?

- If other treatments have not worked the doctor may feel ECT (electro convulsive treatment) is what you need



- If you do not want ECT, the doctor will have to talk to another doctor from another hospital. This is called a second opinion



- You will be given ECT treatment if the other doctor agrees that it is what you need

Your letters



- Staff will give you any letters you get through the post
- You are also able to send letters whilst in hospital
- Only letters to people who do not want you to send them a letter will not be sent

Your Family



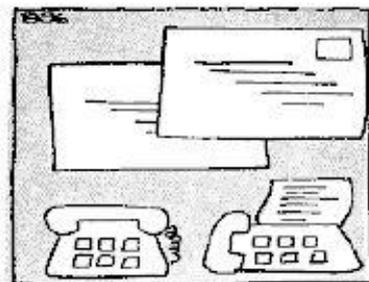
- A copy of your care information will usually be sent to a nominated member of your family
- You can say if you do not want the staff to send your family this information
- Your family can also ask if you can leave hospital but the hospital manager and your doctor will decide about this

What if I have questions or want to complain?



- If you have any questions or concerns please talk to your doctor, a member of staff or your advocate
- If you are not happy or want to complain about something, talk to your doctor or another member of staff
- If you do not agree with them this is ok and you can write to the Ellern Mede Hospital Manager
- If you do not agree with the response you get from the Ellern Mede Hospital Manager you can write to the Care Quality Commission, the organisation that checks on all hospital care. You have a right to meet with a person from the CQC.

Write to the CQC at:
Care Quality Commission
National Correspondence
Citygate
Gallowgate
Newcastle upon Tyne
NE1 4PA



Or telephone the CQC at 03000 616161

Or Email: enquiries@cqc.org.uk

This document was prepared by Ellern Mede with images courtesy of Change image bank. Date of publication: October 2016. Next review date: October 2017.