



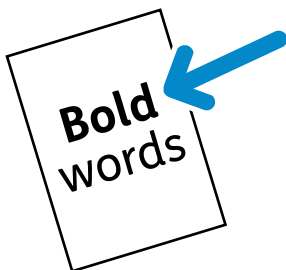
**Easy  
Read**

# **Mental Health Act Information about being detained**



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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#). These are links that will go to another website which has more information.

# Introduction



This information is from West Sussex County Council.

It is about being **detained** under the **Mental Health Act**.

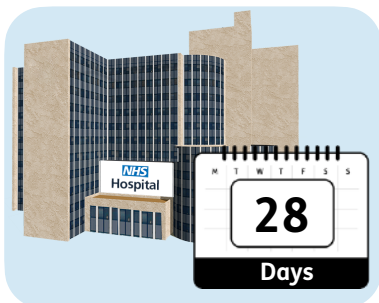


**Detained** is when you are made to stay somewhere, like a hospital or a care home, to make sure you are safe.

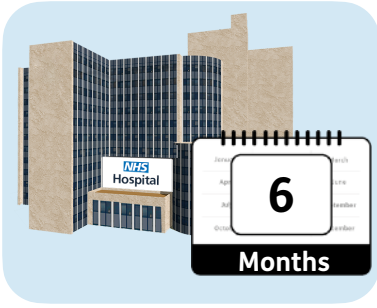


The **Mental Health Act** is a law that makes sure you get the right care if you are having a mental health emergency.

This information is for you if you have been:



- Detained in a hospital for 28 days while health care professionals decide what care you need for your mental health.



- Detained in a hospital for up to 6 months while you are given care for your mental health.

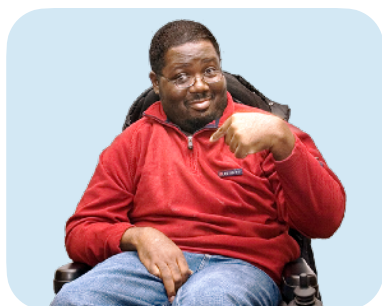
# Deciding what care you need



Health care professionals will do 5 things when deciding what kind of care you need:



1. Think about the kind of care that will be best for you.



2. Support you to make your own decisions.



3. Treat you and your family with respect.



4. Make decisions about your care that are good for you and will help you to get better.



5. Work with other health organisations to give you the best support and care.

# Before being detained

## Why might you be detained?

You might be detained because:



- You are having serious problems with your mental health and you are having a mental health emergency.



- You are a risk to your own health and safety, and the health and safety of others.



- You need support to get better and be safe.



- You said you do not want to go into hospital.



# Who can decide if you should be detained?

Your mental health will be checked by 3 people:



- A mental health professional.



- A doctor who has worked with patients to support their mental health before.

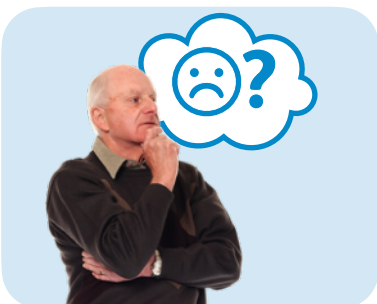


- A doctor who knows you well.

They will ask you and your family some questions about:



- What is happening with your mental health and what needs to happen next.



- Your thoughts and feelings.





The mental health professional will decide if they think you need to be detained.



The 2 doctors must agree with their decision.

## Nearest relative



Your **nearest relative** is a member of your family who is allowed to make decisions for you.



A mental health professional will work out who your nearest relative is and talk to them.

They will talk about you being detained and how it will happen.

Your nearest relative can:



- Get information about you being detained.



- Be involved in your care.



- Write to the hospital to ask if you can leave even though you are detained there.



- Ask for you to not be detained.

# Who else will be involved?

The police will only be involved if:



- Your mental health check has taken place at a police station.



- Mental health professionals think you may not be safe.



The NHS is in charge of finding a hospital where you will be detained.



Travel to the hospital will be arranged for you - it will usually be an NHS ambulance.

# While you are detained

When you get to the hospital, staff will:



- Show you around the hospital and take you to your room.



- Tell you about the care you will be getting.



- Explain your **rights**.  
Your **rights** are the things that you should have or be able to do, by law.



- Explain how friends or family can come and visit you.

## How long will you be detained?



You will leave the hospital when you no longer need care and it is safe for you to return home.



You will be supported to find mental health services in your local area after you leave.

## What if you do not want to be detained?



If you do not want to be detained you can make an **appeal**.

An **appeal** is when you don't agree with a decision and ask for it to be changed.



You have to ask a manager at the hospital before you make an appeal.



You are allowed to contact an **advocate** to help you if you would like. An **advocate** is someone who helps you to speak up, or speaks up for you.



For more information on appealing, follow this link:

[www.equalityhumanrights.com/sites/default/files/notification\\_of\\_rights\\_civil\\_updated.pdf](http://www.equalityhumanrights.com/sites/default/files/notification_of_rights_civil_updated.pdf)

# After being detained



When you leave hospital you may have a **guardian**.

A **guardian** is the organisation who will make sure you are supported in your local area. Your guardian is usually your local council.

Guardians can decide:



- Where it is best for you to live.



- Where you should go for care or to work.



- Which health professionals should provide your care.





If you do not want a guardian, you can appeal.

To do this you will need to write to our Director of Adult Social Services. How to contact them is on page 17.

## How can I make a complaint?



If you want to make a complaint about the care you got while you were detained in hospital, you should contact the hospital's complaints service.



If you would like to make a complaint to the **Care Quality Commission** you can do this by:



- Phone: 03000 616 161
- Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)



If you would like to make a complaint about the mental health professional who checked your mental health you can do this by:



- Phone: 01243 642 121
- Call using Relay UK: 18001 01243 642 121



- Email:  
socialcare@westsussex.gov.uk



- Website: [www.westsussex.gov.uk/social-care-and-health](http://www.westsussex.gov.uk/social-care-and-health)



- Post:  
Director of Adult Social Services  
West Sussex County Council  
Second floor  
The Grange  
County Hall  
Chichester  
West Sussex  
PO19 1RG



The easiest way to send us a complaint or any comments is through our website:

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)



If you are not able to use the internet you can contact us by:



- Phone: 01243 777 100
- Call using Relay UK: 18001 01243 777 100



- Post:  
Customer Relations Team  
West Sussex County Council  
County Hall  
Chichester  
West Sussex  
PO19 1RQ

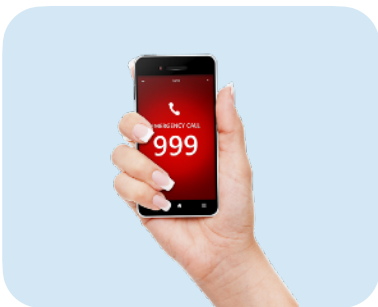
# Useful contact information



If you or someone you know is having a mental health emergency you can:



- Speak to a charity called Samaritans by calling 116 123.



- Call 999.



- Go to your local hospital's emergency department.

## Online support



Togetherall is a website where you can speak to professional listeners about your problems:

[www.togetherall.com/en-gb](http://www.togetherall.com/en-gb)



Hub of Hope is an **app** you can get on your smartphone that will help you to find mental health services in your local area.

An **app** is a computer programme for your phone, tablet or computer.

## Local support



You can call the Sussex Mental Healthline Team for urgent mental health advice: 0800 0309 500



Your local doctor may be able to find you the right care and support you need.



For more information you can look at our website:

[www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org)