



**Digital
Advocacy Hub**

Independent Mental Health Advocacy

**Mental Health Act Hospital
Managers' Hearing**



**Easy
Read**

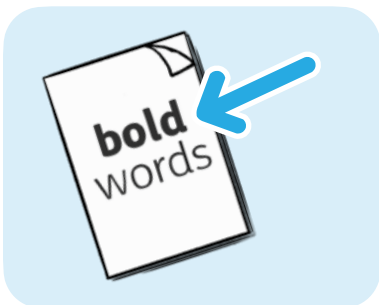
Easy Read



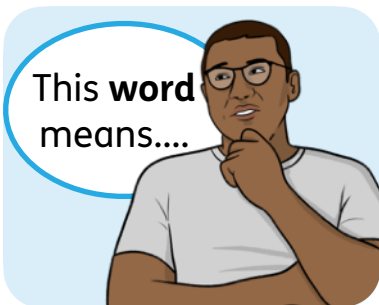
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet



This is information from n-compass about **Independent Mental Health Advocacy**.

Independent Mental Health Advocacy is when someone helps people:



- Understand their rights - rights say how people should be treated and what they should be able to do by law.



- Speak up about their mental health care.



The person who does this is called an Independent Mental Health Advocate (IMHA).



Sometimes, people getting care for their mental health are kept in hospital.



There are rules about how people should be treated in hospital.



This booklet will tell you about a Mental Health Act Hospital Managers' Hearing.



This is when you can ask hospital managers to look at whether you should still be kept in hospital.

What is Mental Health Advocacy?



You can get support from an Independent Mental Health Advocate (IMHA) if you are **detained** or being treated under a part of the **Mental Health Act**.



Detained means you are kept in a hospital or other building and you cannot decide to leave by yourself.



The **Mental Health Act** is a law. We will explain more about this in the next part.

An IMHA can support you if:



- You do not understand what is happening to you.



- You want to try and change a decision about your care or support.

IMHAs can help:



- Patients who are being kept in hospital.



- People who are on a Community Treatment Order - this means you can be treated in the local area where you live.



- People who are under Guardianship - this means that someone called a Guardian is making sure you get the care you need.



Your Guardian can be someone from your local council or another person chosen by your council.

People can also get support from an IMHA if:



- They might get some treatment that needs 2 doctors to agree to it - called Section 57 treatment.



- They are a child under the age of 18 who might need Electroconvulsive Therapy - this is when electricity is used to treat someone.

What is the Mental Health Act?

The Mental Health Act is a law that tells people with a mental health problem:



- What their rights are.



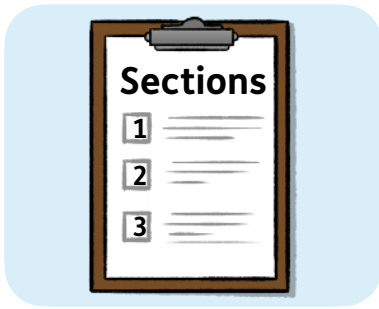
- How they can be treated.



The Mental Health Act gives doctors the power to detain you so you can get treatment.



It is important that you know what happens when you are detained and how you can get support.



The Mental Health Act has different parts called Sections.



These Sections say the different ways that people can be detained.



Different Sections have different rules about how you can be detained.

What is a Mental Health Act Hospital Managers' Hearing?



If you are detained, you may be able to ask the Hospital Managers to check if you should be detained.

This is called a Hospital Managers' Hearing.



A Hospital Managers' Hearing is different to a First Tier Tribunal, but it does have similar powers.

Who are the Hospital Managers?



They are the people or organisation in charge of the hospital.

They can choose other people to use their powers for them at a Managers' Hearing.

Who can ask for a Hospital Managers' Hearing?

You can ask for a hearing at any time if you are being detained by the Mental Health Act under:



- Section 2.
- Section 3.
- Section 37.

What happens at a Mental Health Act Manager's Hearing?



It will usually happen at the hospital.

These people are usually there:



- You.



- The panel, this is 3 people from the hospital who are not doctors treating you.



- Your Responsible Clinician - this is the doctor in charge of your care.

There will also usually be:



- A nurse.



- Your social worker or care manager.



Your **nearest relative** can also be there if you want them to be.

Your **nearest relative** is a close family member who has some powers from the Mental Health Act to support you.



If you do not want them to be there, they can share what they think in the reports from your doctors.



You can say what you think at the hearing.

The Hospital Managers will think about if:



- You still have a mental health problem.



- Your mental health problem is serious enough that you need to stay in hospital.



- You need to be detained to protect yourself or others.



- The treatment you are getting is right for you.



At the end of the hearing, the Hospital Managers will decide if you should still be detained.



They should tell you about what they decide and the reasons why.



Everyone on the panel needs to agree that you can be discharged before you can be.



If the panel decides to discharge you, you can leave the hospital.



You can also stay at the hospital if you and the hospital staff both agree.

Information sent to the Hospital Managers' Hearing

To help them make a decision, the Hospital Managers will have reports from:



- Doctors.
- Nursing staff.
- Social care staff.



You are allowed to see these reports.



You may not be able to see any information that might harm your mental health.



The Hospital Managers will explain the reasons why they have kept any information from you.

What do Independent Mental Health Advocates (IMHAs) do?

An IMHA can support you to:



- Take part in planning your care.



- Get ready for and understand:
 - Mental Health Reviews - these are when health professionals look at your mental health.



- Tribunals - these are when professionals decide if you can leave hospital.



- Get other support or help to use other services, like getting a house or finding a job.

An IMHA can support you to:



- Talk about any care you might need after being detained.



- Understand how you can tell someone if you are not happy about your care.



- Understand your rights and how to use them.

An IMHA will:



- Listen to what you tell them about your ideas and feelings.



- Support you to speak up.



- Speak up for you if you need them to.



- Make sure you take part in any decisions that are made about you.

How can I get support from an IMHA?



Health professionals should tell patients and their families about IMHA services.



Health and care professionals usually tell the IMHA service if they think a patient needs their services.



n-compass will allow patients or their families to ask for support from an IMHA.

Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:
www.n-compass.org.uk/our-services/advocacy



Or you can speak to us using the Sign video website:
www.ncompass.signvideo.net