



**Digital
Advocacy Hub**

Independent Mental Health Advocacy

Ward rounds



**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. Some people may still want help to read it.



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



Sometimes if a bold word is hard to understand, we will explain what it means.



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

About this booklet	4
What is Mental Health Advocacy?	6
What are ward rounds?	11
At your ward round.....	14
How you feel at ward rounds	16
What can you talk about?	18
If you do not want treatment	21
Find out more	23

About this booklet



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

Independent Mental Health Advocacy is when someone helps people:

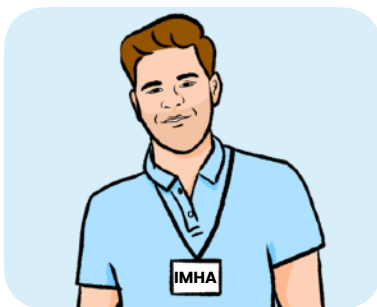


- Understand their **rights**

Rights are how people should be treated and what they should be able to do by law.



- Speak about their mental health care and treatment.



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



Sometimes, people getting care for their mental health have to stay in hospital.



This booklet will explain how your IMHA will help you with **ward rounds** while you stay in hospital.

Ward rounds are meetings with your doctor and other people who support you.

Your ward rounds are about things like:



- Your treatment.



- When and how you should be **discharged**.

If you are **discharged**, that means you can leave the hospital or other treatment.

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 have to stay in a hospital or other building and you cannot decide to leave by yourself.



The **Mental Health Act** is a law that tells people with mental health issues about their rights and how they can be treated.

An Independent Mental Health Advocate (IMHA) can support you if:



- You do not understand what is happening to you.



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

IMHAs can help lots of people like:



- Patients who have to stay 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 help from an Independent Mental Health Advocate (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.



You do not have to agree to get support from an IMHA if you do not want to.

Your Independent Mental Health Advocate (IMHA) can support you by:



- Listening to what you think, feel and want.



- Supporting you to speak up about what you think and feel.



- Speaking up for you if you need them to.



- Helping you take part in meetings like ward rounds and making decisions about your care.



- Helping you make a complaint if you are worried about your care or something that has happened to you.

Our IMHA services



Mental health professionals should do their best to help patients and their **Nearest Relative** use an Independent Mental Health Advocate (IMHA).



Your **Nearest Relative** is the person who also helps make sure that you get your rights when you are detained.



We can provide IMHA services if a patient or their family member asks to use them.

What are ward rounds?

Ward rounds are meetings at hospital where you and your health professionals talk about things like:



- Your treatment.



- When you should be discharged from hospital.

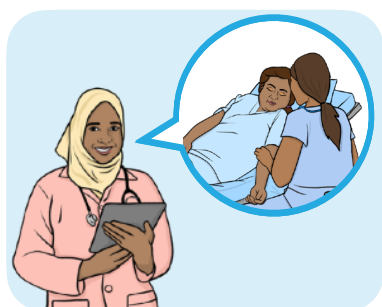


Your **Responsible Clinician** will usually run your ward rounds.

This is the doctor who is in charge of your care.



You do not have to go to your ward round if you do not want to.



But people will still make decisions about your treatment and care if you do not go.

Lots of other people who support you might go to your ward rounds like:



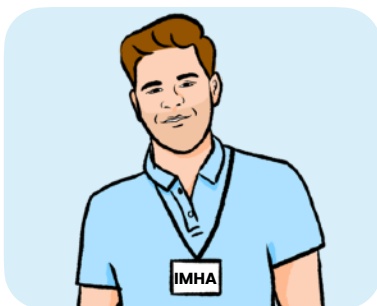
- Your carer.



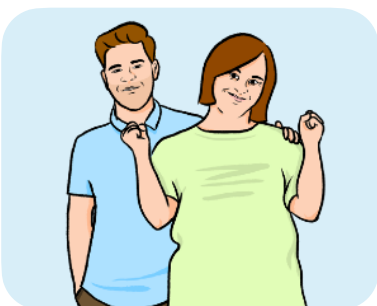
- Health and care professionals like your social worker or nurse.



- A family member or friend.



- Your Independent Mental Health Advocate (IMHA) or another advocate.



Your IMHA or your family member can help you get ready for ward rounds so you can say what you think, want and feel.

Why do you have ward rounds?



Your ward rounds and your treatment plan are about making your mental and emotional health issues better.



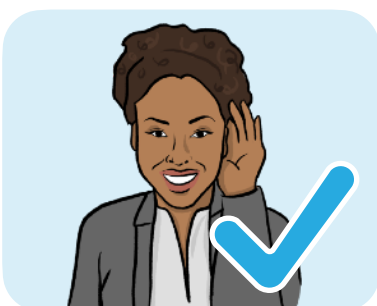
But you can also talk about health issues in your body.



You can talk to your doctor about your treatment plan and if you want to change it.

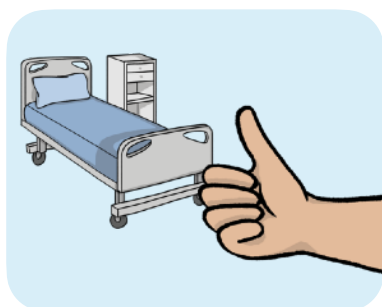


Your doctor does not have to do what you want them to do.



But they should always listen to what you say.

At your ward round



Ward rounds usually happen in a private room at the hospital.



If you have not met your Responsible Clinician before, they should say hello and tell you their name.



They should also tell you about any new people who are at the ward round.



Your Responsible Clinician will also ask you and people who support you questions about your mental health.



This information can help them make decisions about what care and treatment you should get.

People who cannot go to the ward round in person may be able to join the ward round by:



- Video call.



- Phone call.

How you feel at ward rounds

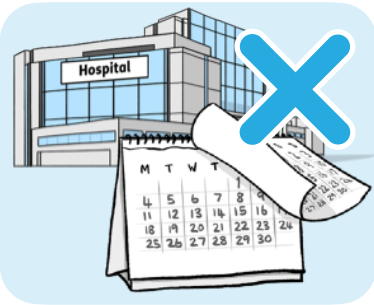


Sometimes lots of people may go to your ward round.



You may find this scary.

But it is important to remember that the people at your ward round:



- Do not want to keep you in hospital forever.



- Want to help you get healthier and happier so you can be discharged from hospital.



If you are upset or ill, you may find going to ward rounds stressful.

You may also find going to ward rounds stressful if:



- You do not agree with the treatment or care your health professionals want to give you.



- You do not like being kept at the hospital or having less freedom.



Your health professionals know that having to stay in hospital can be very stressful if you do not want to be there.



But shouting or arguing with them will not help you get what you need.



You are more likely to get what you need if you speak to your health professionals in a calm way.

What can you talk about?

You may talk about lots of things at your ward round like:



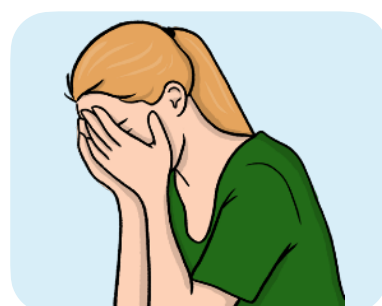
- Your treatment plan and how well the treatment is working.



- Your **discharge plan** - this is a document that explains how and when you can leave hospital.



- What support you should get after you leave hospital.



- Your mental health issues and how they affect you.

You may also talk about:



- Your medications and how they affect you.



- Other treatments you can take part in like talking to someone else about your problems.



- Your rights.



- How you can ask to leave the hospital for a short amount of time.

Your mental health professionals can also use your ward rounds to:



- Tell you how to get support from an IMHA or other advocate.



- Explain how you can speak up if you are unhappy with your care.



- Help you get support for important issues like housing and **benefits**.

Benefits is money that the government can give you to help you pay for things you need.



- Make sure that your discharge plan will work and help keep everyone safe.

If you do not want treatment



Staff members should ask for your **consent** before they give you treatment.

Consent is where you agree that someone can do something.



But they can still give you treatment if you do not agree to it.



If you are unhappy with your treatment, you should tell your Responsible Clinician.



The hospital can only give you certain treatments like electroconvulsive therapy if they can prove that you need it.

Who can discharge you?

If you are detained under the Mental Health Act, you can be discharged by:



- Your Responsible Clinician.



- The Hospital Managers.



- A mental health **tribunal**.

A **tribunal** is like a court of law. It is where an official person, or group of people, make a decision about something.



- Your Nearest Relative.



The quickest way to be discharged from hospital is when you and your Responsible Clinician agree that it should happen.

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 up, 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

This Easy Read booklet was produced by easy-read-online.co.uk