

The Mental Health Act

Section 3



Patients Name:	
Doctors Name:	
Date admitted to Hospital:	

Why am I in hospital?



You have been seen by 2 doctors



You are not well

The way you feel, think or behave has changed



Mental Health Act 1983
CHAPTER 20

You have been placed on **Section 3** of the Mental Health Act so we can help you get better



This means you have to be in hospital

The doctors want to find out what is wrong, so they can help you to get better

How long will I have to stay in hospital?



You may have to stay in hospital for up to 6 months



You **MUST** stay in hospital

You cannot leave the hospital unless the doctor says 'yes'



If you try to leave, the staff can **STOP** you. This is part of being on a Section 3



When the doctor thinks that you are well enough, the doctor will tell you and you can go home.

How long will I have to stay in hospital?



If, after 6 months your doctor thinks that you are still unwell, you may have to stay in the hospital for up to another 6 months.



If you still do not get better, you might have to stay in hospital for even longer



Your doctor will tell you if you need to stay in hospital for longer

I want to leave hospital - how do I appeal?



If you want to leave the hospital, talk to your Doctor



You can also ask the Hospital Managers if they will let you leave.

Your nearest relative can help you talk to them



The Managers will look at a report from your doctor. They will tell you if you are well enough to leave the hospital or not

I want to leave hospital - how do I appeal? (continued)



You can also ask the Mental Health Act Tribunal to help you.

The Tribunal are a group of people who work separately from the hospital. They can decide if you are well enough to leave.



If you want to appeal to the Mental Health Tribunal you must write to them.

You can ask for help with this



The Tribunal will talk to you and hold a meeting to decide whether or not you can leave.



You can ask your Advocate or Solicitor to support you.

They can ask questions on your behalf

You might have to pay for help from a Solicitor

What happens while I am in hospital?



The doctor will talk to you about your treatment to help you get better. You will be involved with your treatment plan.

This may mean taking some medicine.



This may mean being involved in activities on the ward.



You may be asked to see other hospital staff on the ward

They may want to assess you and help you with your treatment plan



You will be involved in writing your care plans to help you get better.

You can ask the doctor and staff questions about your treatment or if you are worried about anything



If you want to speak to someone outside the hospital, you can speak to an advocate.

This person is independent and does not work for the NHS.

What happens while I am in hospital? (continued)



You can get help to keep in contact with your family and friends.

They can visit you in hospital



The hospital does have visiting times
They can come and visit you during the visiting times.

The staff will help you to arrange visits with your family and friends.



If you have any questions you can speak to the staff at Campion

You can ask the staff or your social worker to help you contact an Advocate or Solicitor



For more information about our services including how to complain, look at the leaflets on the ward or speak to the staff

What to do if you are unhappy with our service – how to complain



You can talk to staff, they will try and help you with your problems straight away

You can talk to someone close to you. Perhaps a family member or social worker and ask them to help you complain



You can speak to our Patient Advice and Liaison Service (PALS)

Telephone: 0118 960 5027

Email: BHT@berkshire.nhs.uk



You can speak to our Complaints Department

Telephone: 01344 415662

Email: BHCT.complaints@berkshire.nhs.uk



You can contact the Care Quality Commission

Telephone: 03000 616161

Email: enquiries@cqc.org.uk

Care Quality Commission

National Customer Service Centre

Citygate

Gallowgate

Newcastle upon Tyne NE1 4PA

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This leaflet has been developed by the Learning Disability Service's Speech and Language Therapy Department at Berkshire Healthcare with the involvement of staff and patients at the Campion Unit (September 2017)