Derbyshire Healthcare
NHS Foundation Trust

MENTAL HEALTH ACT RIGHTS

You have been **detained** under **Section 3** of the
Mental Health Act

We want to help you understand why you are in hospital and what will happen while you are here.

What is the Mental Health Act?
The Mental Health Act is a law. This law helps us to know who needs to go to hospital and how long they might stay for.

What does detained mean?
Detained means you have to stay in hospital until a doctor says you can leave.

Why am I here?
You are not well and you need help to get better. The doctor thinks that the best place for you to get better is in hospital. This might be to keep you safe or to keep other people safe.

How long will I be here for?
You will be in hospital for up to 6 months at first. Your doctor may decide you need to stay for longer and this will be reviewed every 6 to 12 months. Your doctor could also decide that you are well enough to leave hospital before 6 months has passed.

Please turn over for page 2

MENTAL HEALTH ACT RIGHTS CONTINUED

How will you make me better?

You might get better if we:

- give you some different medicines
- talk to you
- try other treatments

Who will look after me?

The people who look after you might be:

- nurses
- doctors
- therapists
- other care professionals

Can I leave?

The law says you must stay in hospital until a doctor says you can leave.

What if I don't want to be in hospital?

- You can ask to **appeal**. This means you can ask the hospital managers to let you leave. They may need to talk to you before they decide if you can leave.
- Your family or your nurse can help you appeal.
- You should ask to appeal as soon as possible if you wish to leave
- You can also ask for a tribunal. A tribunal means that people who do not work for the hospital will decide whether you should leave. These people will have a meeting with you. Your family and staff who know you will also join the meeting. This is called a **hearing**.

Who can help me?

- You can ask for an **Independent Advocate** known as an IMHA. They can help you learn about your rights, your treatment and why you are in hospital. They can also help with your appeal or tribunal.
  You can ask your nurse or family to arrange an advocate for you.