

## Why am I in hospital?

You are being kept in this hospital under section 3 of the Mental Health Act 1983. This means that two doctors think that you have a mental disorder and you need to be in hospital so that you can be given treatment and care.

### INDEPENDENT MENTAL HEALTH ADVOCATE

You are entitled to help from an independent mental health advocate. These advocates are independent of people involved in your care. They can help you get information about your care and treatment, why you are being kept in hospital, what it means and your rights.  
See front page for contact details.

### RIGHT TO APPEAL

You can apply to the Tribunal once during the first six months you are detained. You may then apply once during the second six months, and once during every year that you are detained. You can appeal to the Mental Health Act Managers at any point during your detention. Contact your Mental Health Act office or solicitor for details.

### NEAREST RELATIVE

Your Nearest Relative can write to the Mental Health Act Managers to ask for your discharge. Within 72 hours of receiving your Nearest Relative's request, your Responsible Clinician must decide whether you might be a danger to yourself or others. If not you will be free to leave at the end of the 72 hours.

## SECTION 3

### LEAVE

You must not leave unless your Responsible Clinician tells you that you may. If you try to leave the staff can stop you, and if you do leave you can be brought back.

### WHAT HAPPENS NEXT?

You can be kept here for up to six months at first to be given the treatment you need. If your responsible clinician thinks that you need to stay in hospital, they can renew your section for up to another six months and then for up to a year at a time. At any point during your detention your responsible clinician could discharge you or put you on a Community Treatment Order.

### TREATMENT

Your Responsible Clinician and members of staff will talk to you about treatment they think you need. In most cases you will have to accept their advice. After 3 months, there are rules about medication you are given for your mental disorder. If you do not want the treatment, or are too ill to say, a doctor who is not from this hospital will visit you. The doctor will talk to you and staff to decide what medication you can be given. Unless it is an emergency, this is the only medication you can be given without your agreement for treatment of your mental disorder.