

## Changing your nearest relative

If you do not think this person is suitable to be your nearest relative, you can apply to the County Court for someone else to be treated as your nearest relative instead. The hospital staff can give you a leaflet that explains this.

## Code of Practice for Wales

The Code of Practice for Wales gives advice to staff about the Mental Health Act 1983. They have to think about what the Code says when they take decisions about your care. You can ask to look at a copy of the Code or you can ask for a copy of the 'Peace of Mind' booklet on the Code of Practice for Wales.

## Further information and help



If there is anything you do not understand about your care and treatment, a member of staff will try to help you. Please ask a member of staff to explain if there is anything in this leaflet you do not understand or if you have other questions that this has not answered.

The independent mental health advocacy service is also there to provide help and support to you.

Please ask if you would like another copy of this leaflet for someone else.

**This leaflet has been prepared by  
the Welsh Assembly Government (March 2009)**

## MENTAL HEALTH ACT 1983

### SECTION 37: ADMISSION TO HOSPITAL BY A COURT ORDER (without restrictions)

You have been admitted to:
Your Responsible Clinician is:
Your detention under section 37 began:

## Why am I in hospital?

You have been admitted to this hospital on the order of a court. You can be kept in this way because of section 37 of the Mental Health Act 1983. This means that the Court, on the advice of two doctors, thinks that you have a mental disorder for which you need to be in hospital for medical treatment.

## How long will I be here?

You can be kept here for up to six months so that you can be given the medical treatment you need. You must not leave during this time unless your responsible clinician tells you that you may. If you try to go, the staff can stop you, and if you leave you can be brought back.

## What happens next?

Your responsible clinician will tell you when she or he thinks you are well enough to leave hospital, and if they feel you need to stay in hospital for longer than six months, she or he will talk to you about this towards the end of the six months.

## Care Plans

You will have an individual care plan. As part of this plan you will have an assessment, and your care and treatment will draw upon your own strengths. If you wish you will be involved not only in the planning, but also the delivery of your own care plan.

## Your letters

Normally you will be able to write to and get letters and parcels from anybody. The Mental Health Act gives the hospital managers power to withhold any of your letters or parcels from going to someone who has asked that they should not be sent to them. If this happens you will be notified in writing.

## Letting your nearest relative know

A copy of this leaflet will be given to your nearest relative who we understand to be:

If you do not want the person mentioned above to receive a copy of this leaflet please tell the person in charge of the ward, or your responsible clinician, or the Hospital Managers.

Your nearest relative will have certain set rights under the Mental Health Act 1983. They include:

- the right to ask for you to be admitted to hospital for assessment or treatment;
- the right to receive information about your detention under the Act;

For more information about the role of the nearest relative and what rights they have please ask for a copy of the nearest relative leaflet.

or a nurse or social worker. If you are not happy with the answer you may write to the Hospital Managers. You can write to the Managers at the following address:

Cardiff and Vale University Local Health Board, Hafan Y Coed,  
University Hospital Llandough, Penlan Road, Penarth,  
CF64 2XX

If you are not happy with the Managers' reply, you can ask the Review Service for Mental Health to help. The Review Service was set up to make sure that the mental health law is used properly and that patients are cared for properly while they are in hospital.

You can write to them at:

#### Review Service for Mental Health

Healthcare Inspectorate Wales  
Welsh Government  
Rhydycar Business Park  
Merthyr Tydfil  
CF48 1UZ

**Email**  
[hiw@gov.wales](mailto:hiw@gov.wales)

**Telephone**  
0300 062 8163

or you can speak to a Reviewer when they visit. The ward manager can tell you the date of the next visit.

You can also write to the Review Tribunal after you have left the hospital.

To develop your care plan you will have a co-ordinator who will involve other people who have a relevant interest in your care, including your responsible clinician, your social worker, a carer if you have one, and with your agreement, your nearest relative.

Once developed, your care plan will include agreed timescales for implementing the various aspects of your care plan, including your medical treatment, physical healthcare, and preparing for and covering the time after your discharge.

Your care plan will be recorded in writing, and you may sign it if you wish. You will also be given a copy.

For more information on what your care plan will include, please ask for a copy of the 'Peace of Mind' booklet on the Code of Practice for Wales.

#### **Independent Mental Health Advocacy Service**

You will have access to the confidential, independent mental health advocacy (IMHA) service. The IMHA service will provide support to you and help you to understand the Act.

They will help you obtain information about your legal rights, any medical treatment that you may be receiving and how you can appeal against detention.

If you are having any difficulties understanding this leaflet or have any further questions the IMHA service is there to help you.

## Can I appeal?

You can ask the Court to look at your case again. If you want to do this you must apply within 21 days (three weeks) of the Court making the order and it is best to ask a solicitor to help you.

You can also ask the Hospital Managers to let you leave. If you want to do this, write to them at:

Cardiff and Vale University Local Health Board, Hafan Y Coed,  
University Hospital Llandough, Penlan Road, Penarth,  
CF64 2XX

You can apply to the Mental Health Review Tribunal for Wales for your discharge from hospital. You can apply when you have been in hospital for more than six months but less than a year. You may then apply once during each year you are kept in hospital.

## What happens at a hearing before the Mental Health Review Tribunal for Wales?

The Tribunal is independent of the hospital. The Tribunal members will come and meet with you and listen to your views and to those of your representative (if you have one). The Tribunal doctor will come and see you before the Tribunal hearing. They will speak to your responsible clinician and other professionals involved in your care, and read reports about your detention and care before deciding if you are well enough to be discharged. The Tribunal will give you a written decision within 7 days of the date of the hearing.

You might want to ask for a solicitor to help you with the Tribunal. The hospital has a copy of the Law Society list of specialised solicitors, or you might want to use your own solicitor. This is usually free of charge under the legal aid scheme.

The address of the Tribunal office is:

Mental Health Review Tribunal for Wales  
Crown Buildings  
Cathays Park  
Cardiff CF10 3NQ

## What treatment will I receive?

The approved clinician in charge of your treatment will talk to you about any treatment that you need for your mental disorder.

You can be given medication or drug treatment for your mental disorder for up to three months without your consent. If this treatment is to continue beyond three months and you do not or cannot consent, an independent doctor will be asked to visit you. This doctor is called a Second Opinion Appointed Doctor. This doctor will talk to you and to a nurse or other staff at the hospital who know you. The treatment will only be continued if the independent doctor agrees you should have it. Other medication may be recommended after the independent doctor has spoken with your approved clinician in charge of treatment.

## How do I complain?

If you want to complain about the way you are being treated in hospital, you should speak to the person in charge of the ward,