

MENTAL HEALTH ACT 1983

**SECTION 4: ADMISSION FOR ASSESSMENT
IN CASES OF EMERGENCY**

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

You have been admitted to:	
Your Responsible Clinician is:	
Your detention under section 4 began:	
Date	
At	am/pm

Why am I in hospital?

You have been admitted to this hospital so that your responsible clinician can find out what is wrong and how to help you. You can be kept in this way because of section 4 of the Mental Health Act 1983. This means that a doctor believes you have a mental disorder for which you must be in hospital.

How long will I be here?

You can be kept here for 72 hours (three days) so that you can be seen by another doctor. 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.

If another doctor does not see you by the end of the 72 hours (three days), you are free to leave, but you may decide to stay on a *voluntary* patient. If you do want to leave, please talk to your responsible clinician first.

What happens next?

When another doctor sees you, she or he may say that you need to stay in hospital for a longer time. She or he (or your own responsible clinician) will tell you why and for how long it is likely to be, and you will be given another leaflet to tell you what can happen. If the doctor decides that you do *not* need to stay, she or he (or an approved mental health professional) will talk to you about what other help you should have.

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

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.

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;
- the right to ask for you to be discharged.

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.

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.

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.

Can I appeal?

You can ask the Hospital Managers to let you leave hospital. 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

Your nearest relative can also write to the Hospital Managers to ask them to let you leave. The Managers can take 72 hours (three days) to look at the request, so that they can get a

report from your responsible clinician. Your responsible clinician may say in his or her report that you should not be discharged and if she or he does you will have to stay in hospital.

You can also apply to the Mental Health Review Tribunal for Wales for your discharge. If you want to do this you must let the person in charge of the ward know straight away.

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, social worker 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.

Will I be given treatment?

The approved clinician in charge of your treatment will tell you about any treatment he or she thinks you need. Only in very exceptional circumstances, which would be explained to you, can you be given treatment you do not want.

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, 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

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 Service after you have left the hospital.