



advocacy
focus



Independent Mental Health Advocacy (IMHA)

Discharged in hospital under conditions

Phone us on **0300 323 0965**

This guide has been written to meet
the UK Easy Read Standard

Independent Mental Health Advocacy

- Discharged from Hospital under conditions

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1. About this booklet



- This booklet explains how an **Independent Advocate** can help you when you have been **discharged** from hospital under the **Mental Health Act**.



- It is designed for people who are on,
 - i. a Guardianship**
 - ii. a Community Treatment Order**
 - iii. a Conditional Discharge**

It may also be useful for your family, friends or carers.



- The company that provides your advocacy service is called Advocacy Focus.

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- Words in **bold** text are described in more detail at the end of the booklet.

2. How an IMHA can help



- An **Independent Advocate** that is specially trained in the **Mental Health Act** is called an Independent Mental Health Advocate (IMHA).



- You can have an IMHA if you are on a,
 - i. a Guardianship**
 - ii. a Community Treatment Order**
 - iii. a Conditional Discharge**



Independent

- They are **independent**. They do not work for social services, the NHS, or other health care providers.



Free

- Their support is **free of charge**.



Confidential

- You can meet with them in private, your discussion is **confidential**.

i. a Guardianship



- **A Guardianship** is a way for you to continue your care with the help of a **Guardian**.
- The **Guardian** will tell you where you have to live and what appointments you must go to with doctors.
- An IMHA will help you to understand your rights
 - for example, a **Guardianship** must not have rules that take away your freedoms.
- An IMHA will help you to understand any rules in place
 - for example, what it means for you and what you may need to do.
- Your IMHA will help you with meetings about your care and if you want to make a complaint if you are unhappy.

ii. a Community Treatment Order



- **A Community Treatment Order (CTO)** is when the doctor in charge of your care gives you rules to make sure you carry on with your treatment outside of the hospital.



- If you refuse to see your doctor or become unwell, they can make you go back to the hospital for treatment.



- Your IMHA can help you to understand the special rules that apply to your CTO.



- An IMHA will help you to understand your rights
 - for example, it must not have rules that take away your freedoms.



- Your IMHA will help you with meetings about your care and if you want to make a complaint if you are unhappy.

iii. a Conditional Discharge



- **A Conditional Discharge** means you no longer need to stay in hospital but there are rules called **Conditions** you have to follow to continue your care and treatment.



- If you break the rules or become unwell, your doctor can make you go back to the hospital.



- Your IMHA can help you to understand the special rules of a **Conditional Discharge**.



- An IMHA will help you to understand your rights
 - for example, it must not have rules that take away your freedoms.



- Your IMHA will help you with meetings about your care and if you want to make a complaint if you are unhappy.

3. What an IMHA cannot do



- We do not do not set the rules of your discharge.



- We do not decide if you have broken any rules.

4. How we helped Mr Singleton from Blackpool

"I was in hospital in Blackpool for six months when I was discharged under a Community Treatment Order. I was given lots of information by the doctors and mental health professionals but I was confused about what I should and should not be doing. I just knew that I didn't want to go back into hospital. My care co-ordinator said I could have an IMHA, so an Independent Advocate from Advocacy Focus came to see me a couple of times. The man helped me and explained to me what the rules were. I now understood that if I was to break the rules, I could go back into hospital. He made me realise that it was important that I had to attend my medical appointments to stay at home, so I did that."

10. Contact Advocacy Focus



- Phone us on
0300 323 0965
- Text us on
07886744634
- Email us at
admin@advocacyfocus.org.uk
- Visit our website at
www.advocacyfocus.org.uk

11. What do the words mean

In alphabetical order,

Community Treatment Orders (CTO)

The doctor in charge of your care will put you on a community treatment order if specific requirements in the Mental Health Act are met. You can be discharged from hospital with conditions attached to the order.

Conditions / Conditionally discharged

This means you no longer need to stay in hospital but there are rules you have to follow or you may be recalled (sent back) to hospital.

Confidential

The private information you share with us will remain private unless you tell us to tell someone, or the law says we must reveal it for your safety or the safety of others.

Detained (sometimes known as Sectioned)

To hold or keep someone in hospital even if they do not want to be there.

Discharged

If you are discharged from hospital, it means you do not have to stay there anymore under the **Mental Health Act**.

Free of Charge

The **Independent Advocate** service is free of charge, so you do not need to pay a penny.

Guardian / Guardianship

A guardian is when a person is appointed to help and supervise a patient in the community.

Independent Advocate / Independent

An **Independent Advocate** is there to support you. They do not work for the NHS, any other health care providers or the local authority. This means that they can give unbiased support..

Mental Health Act

This is the law about treating people with a mental health disorders and problems in England.