

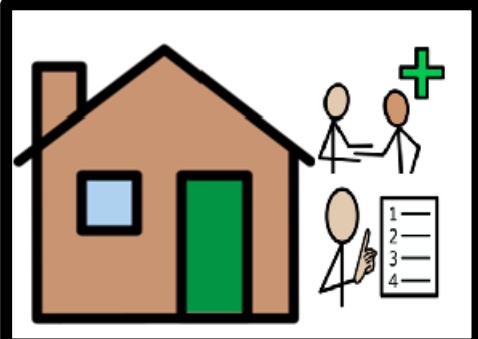


Community Treatment Order (CTO) under the Mental Health Act

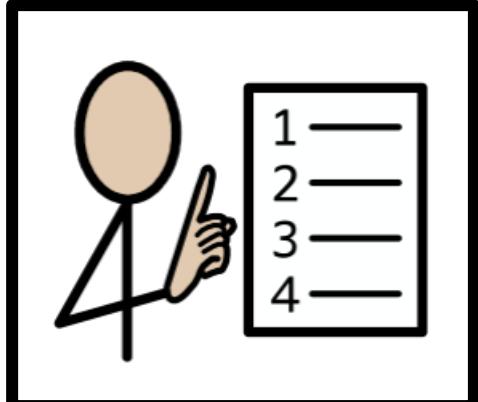
– Easy Read

Phone us on 0300 323 0965

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

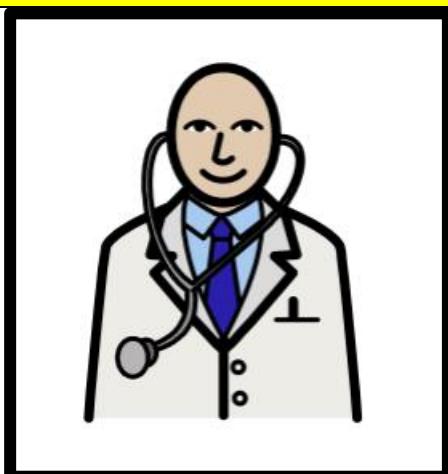


A Community Treatment Order (CTO) is when you leave hospital but still need treatment in the community.

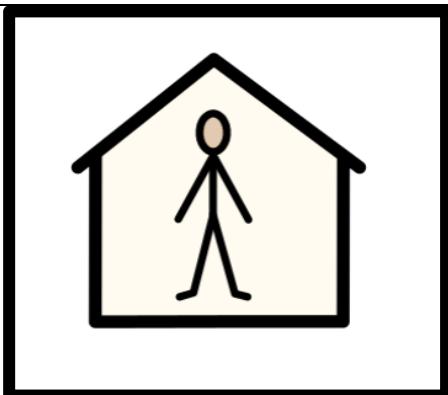


Your doctor gives you rules (called "conditions") to follow. These conditions help keep you well and safe.

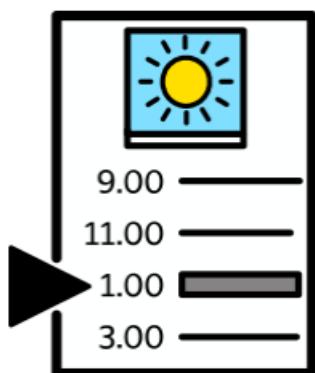
Conditions might be:



To see your doctor or care team.

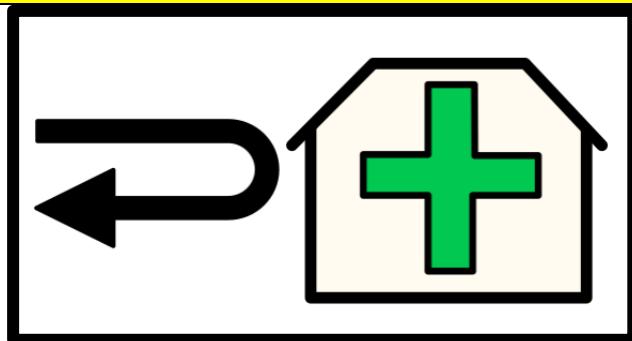


To live at a certain place.



To go to appointments.

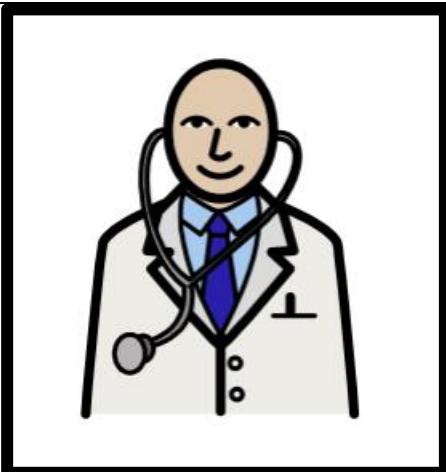
What happens if you break the conditions?



You might be **recalled** to hospital if you become unwell.



You can be kept in hospital for up to 72 hours.

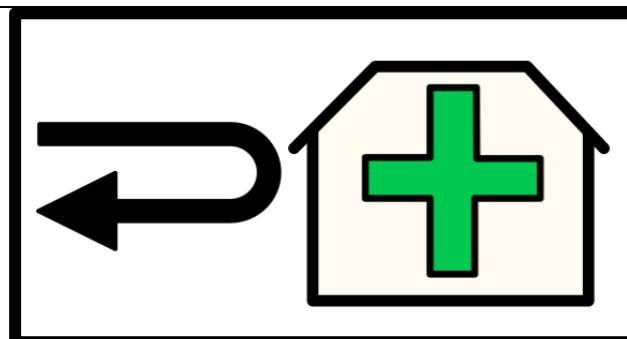


Your doctor may keep you longer if needed.

Can you refuse treatment?



You have the right to say no to treatment.



But if you do, your doctor might recall you to hospital if you become unwell.

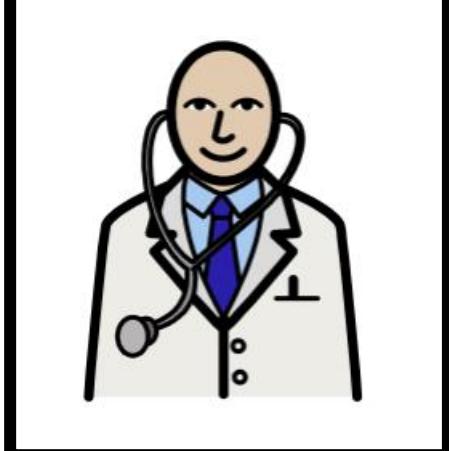
How long does a CTO last?



It lasts for up to 6 months at first.



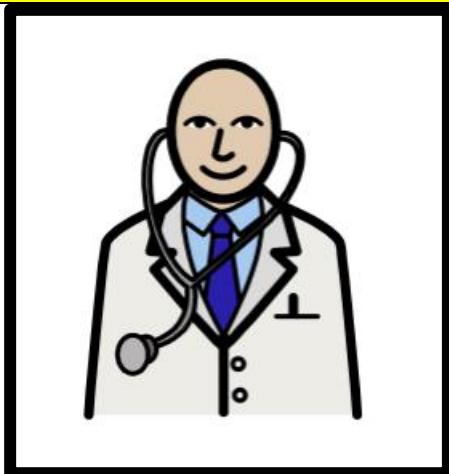
It can be renewed for another 6 months, and then for one year at a time.



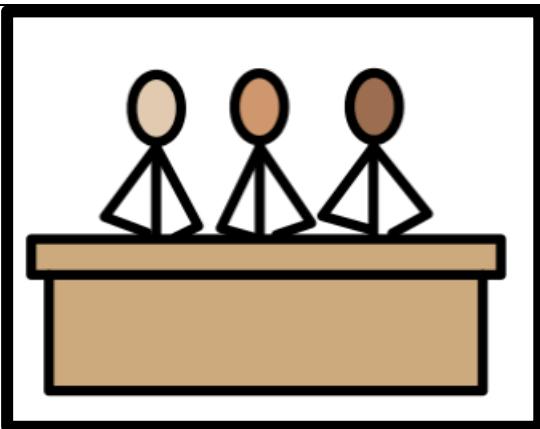
Your doctor will check if it should be renewed. You must see your doctor for this check.

How can you come off a CTO?

You can be discharged by:



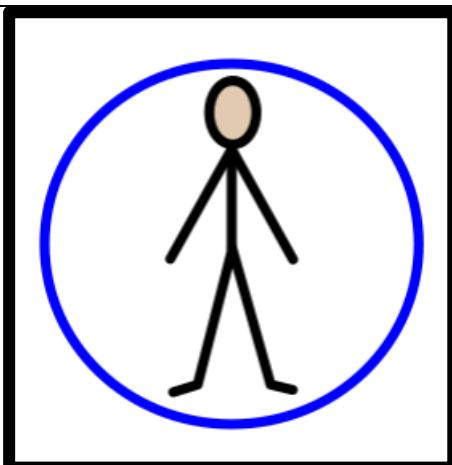
Your **Responsible Clinician** (the doctor in charge of your care).



A **Tribunal** (you can apply to ask to be taken off the **CTO**).



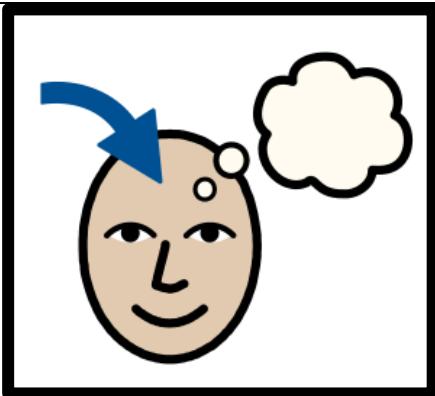
The **Hospital Managers** (you can apply to ask to be taken off the **CTO**).



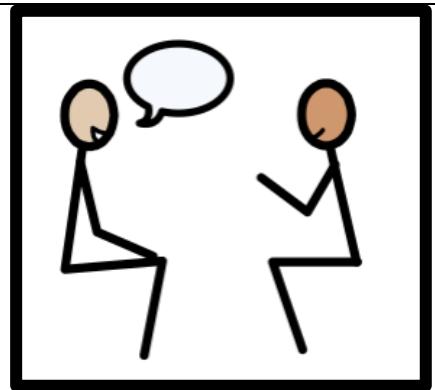
Your **Nearest Relative** (they can ask for you to be taken off the **CTO**).

What are your rights on a CTO?

You have a right to:



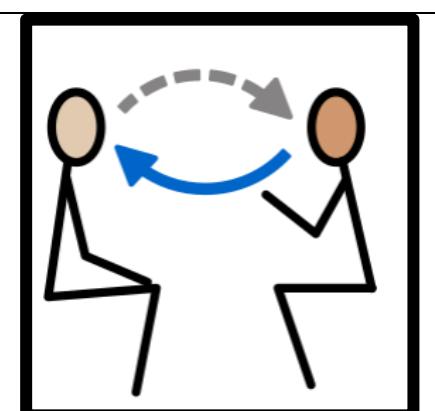
Know why you are on a **CTO**.



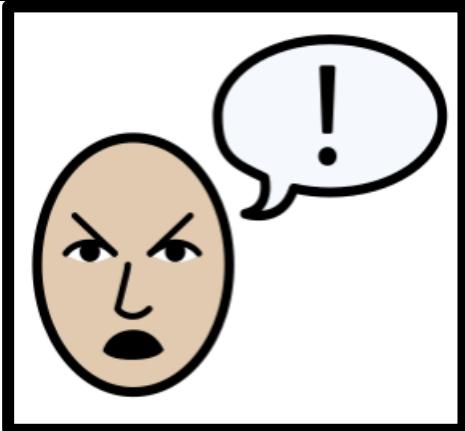
Be told about your **conditions**.



Ask the **Tribunal** and **Hospital Managers** to discharge you.



Speak to an Independent **Mental Health Advocate** (IMHA).

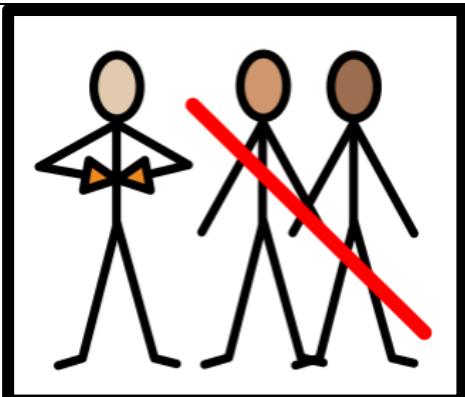


Complain if you are unhappy.

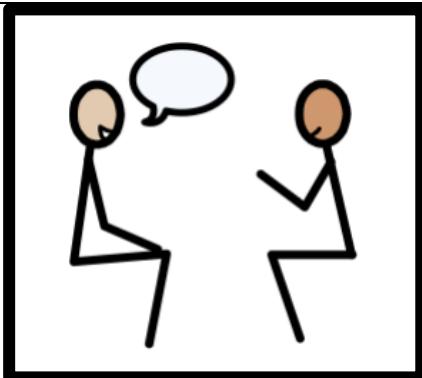
What is an Independent Mental Health Advocate (IMHA)?



An **IMHA** is trained to help people who are on a **CTO** or detained under the **Mental Health Act**.



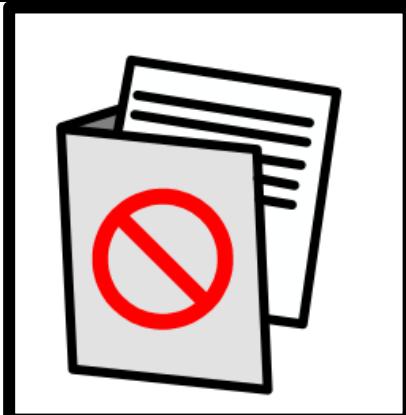
They do not work for the NHS or social services. They work for you.



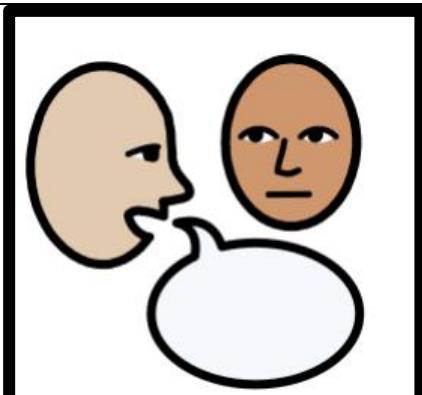
An **IMHA** will keep what you say private. They will not tell anyone unless you say it's okay.



They are free – you do not have to pay.

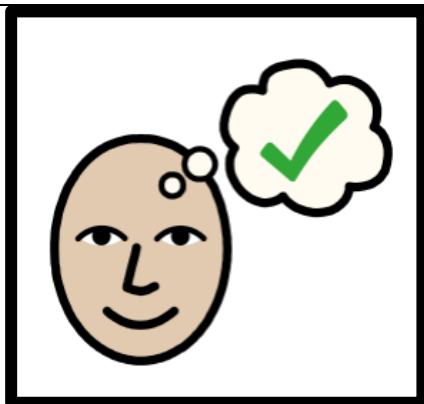


They will keep your information private, unless they need to share it to keep you or others safe.

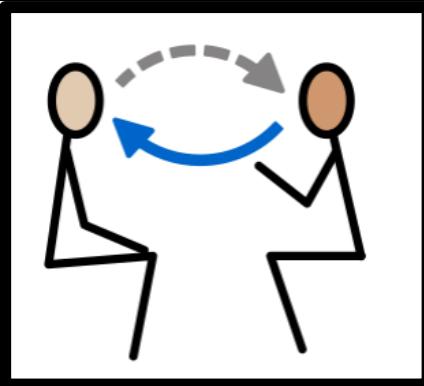


They will tell you when they share information.

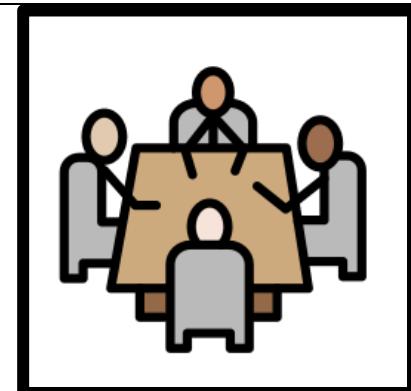
An IMHA can help you to:



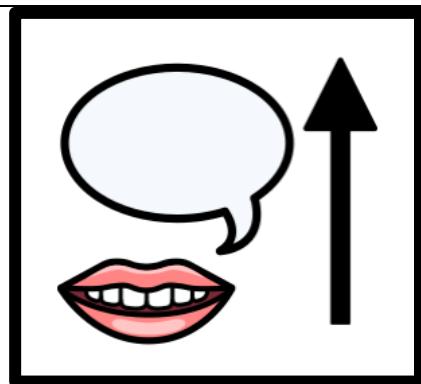
Understand your rights.



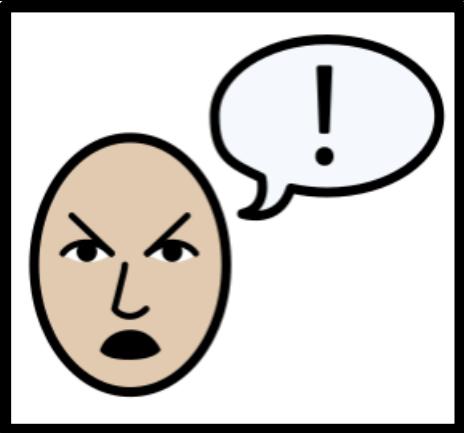
Be involved in decisions about your care and treatment.



Get ready for meetings and go with you if you want.



Speak up or speak for you.



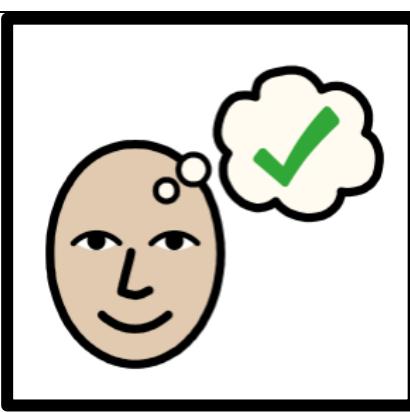
Help you complain if you are unhappy.



An **IMHA** cannot make decisions for you.



An **IMHA** cannot tell you what they would do if they were you.



An **IMHA** will help you understand your choices



If you would like an Advocate, you can ask your social worker or support worker to contact us. Or you can text us on 07886 744 634.

Words Explained

Conditions – Rules that help keep you well and may also help keep other people safe.

Detained – Being kept in hospital under the Mental Health Act. You might also be in the community with rules (conditions) to follow.

Community Treatment Order (CTO) – When you leave hospital but still need treatment in the community. Your doctor gives you rules (called “conditions”) to follow. These conditions help keep you well and safe.

Hospital Managers Hearing – A meeting with a group of people who decide if you should stay detained under the Mental Health Act.

Independent Mental Health Advocate (IMHA) – A person who helps you understand your rights and speak up. They are free and there to support you.

Mental Health Act – A law about how people with mental health conditions can be treated and what their rights are.

Nearest Relative – A family member who has special rights under the Mental Health Act.

Recall/Recalled – This means you are sent back to hospital, usually because you broke the rules or became unwell.

Responsible Clinician – The doctor in charge of your care.

Section – A part of the Mental Health Act that explains why someone is **detained** or has rules to follow.

Tribunal – A meeting with a group of people (a Judge, a doctor and another professional) who decide if you should stay **detained** under the **Mental Health Act**.