



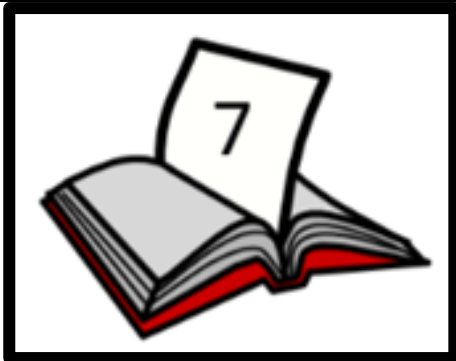
Guardianship under the Mental Health Act – Easy Read

Phone us on 0300 323 0965

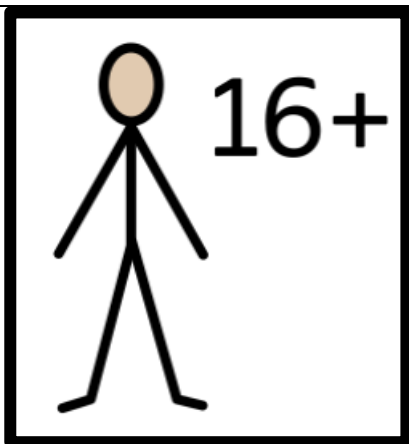
This guide has been written to meet
the UK Easy Read Standard.



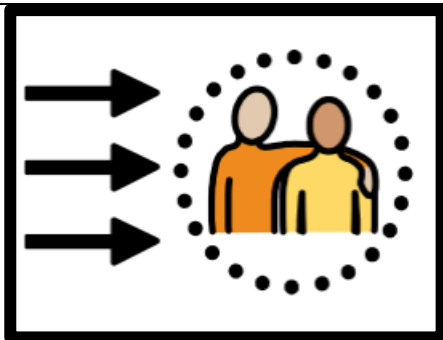
A **Guardianship** is a way for you to live in the community with support.



It is in **Section 7** of the **Mental Health Act**.



You must be 16 or older to be placed on a **Guardianship**.



You can be placed on a **Guardianship** if professionals think it will help keep you or others safe.

Who is a Guardian?



Your **Guardian** is usually the Local Authority, but it can be someone else they agree on.



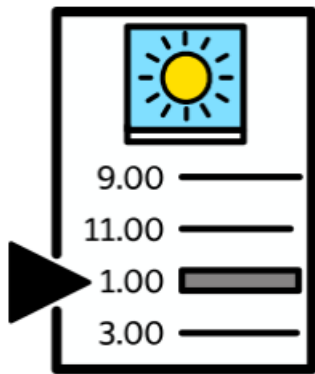
Your **Guardian** helps you get care and support outside of hospital.

What can a Guardian do?

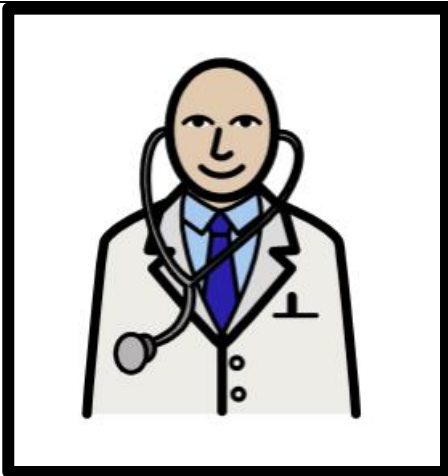
Your Guardian can:



Say where you must live.



Ask you to go to appointments, work, or education.

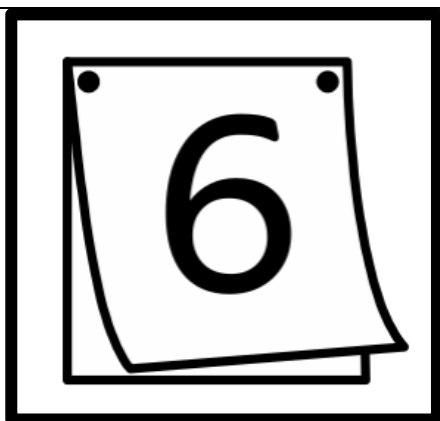


Make sure professionals (like doctors or nurses) can see you.



Your **Guardian** cannot make you have treatment if you do not want it.

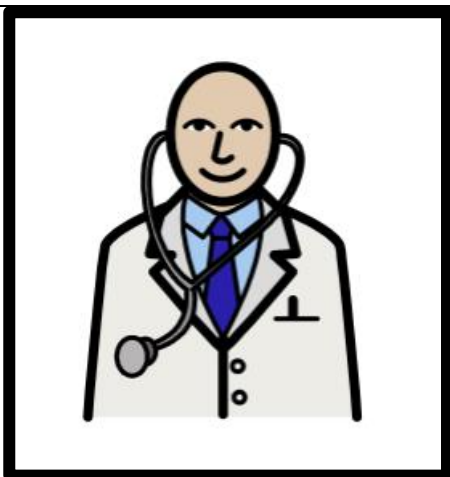
How long does a Guardianship last?



It lasts for up to 6 months at first.



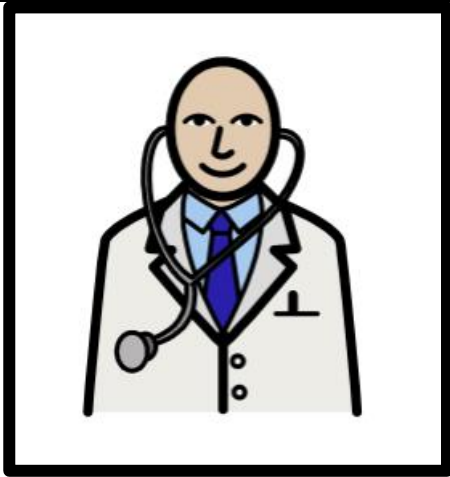
It can be renewed for another 6 months, and then for 1 year at a time.



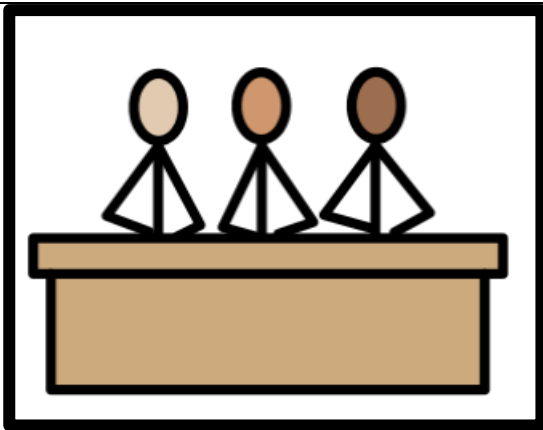
Your doctor will check if it should be renewed.

How can you come off Guardianship?

You can be discharged by:



The doctor in charge of your care.



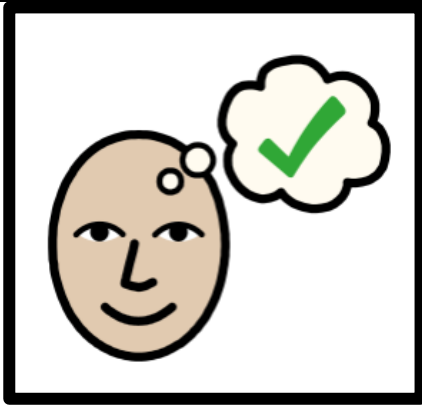
A **Tribunal** (you can apply to ask to be taken off the Guardianship).



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

What are your rights on a Guardianship?

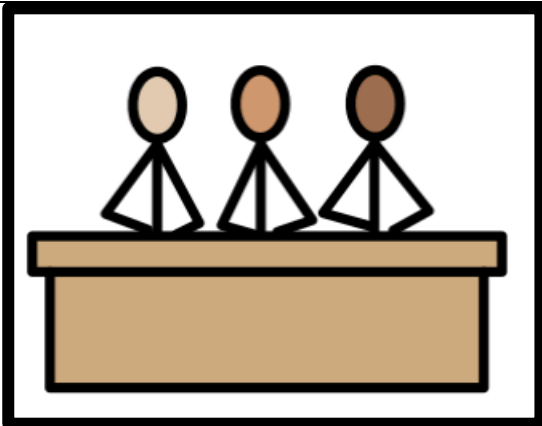
You have the right to:



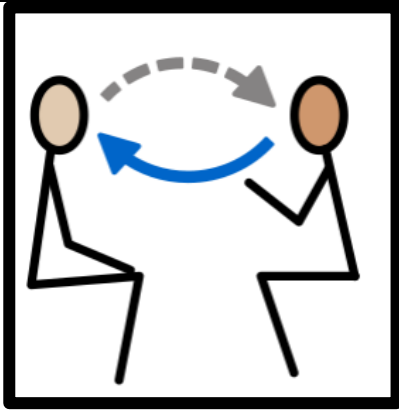
Know why you are on a
Guardianship.



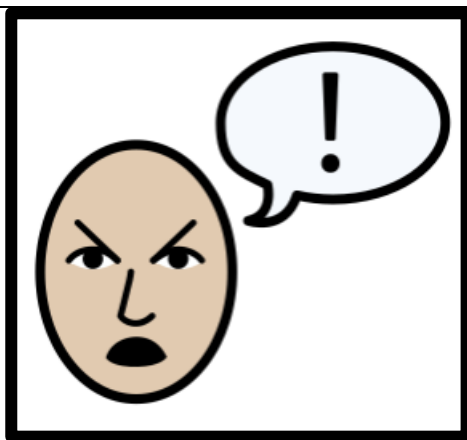
Be told where you must live
and what you must do.



Ask the **Tribunal** to
discharge you.



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

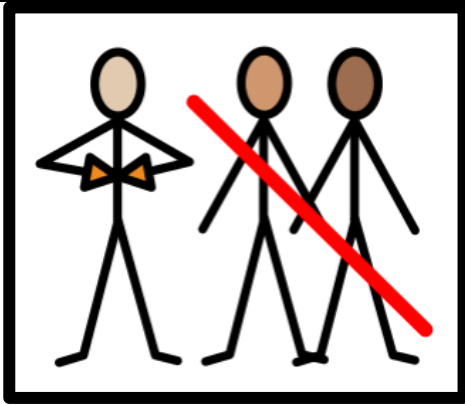


Complain if you are unhappy.

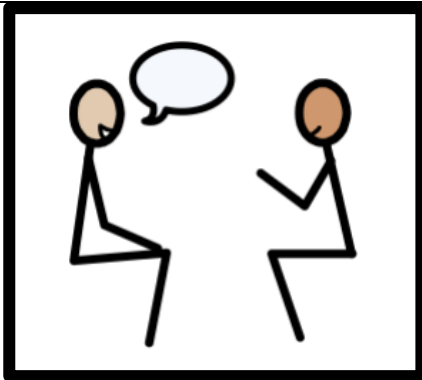
What is an Independent Mental Health Advocate (IMHA)?



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



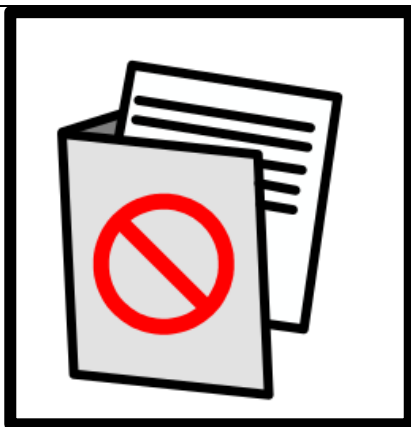
They do not work for the NHS or social services. They work for you.



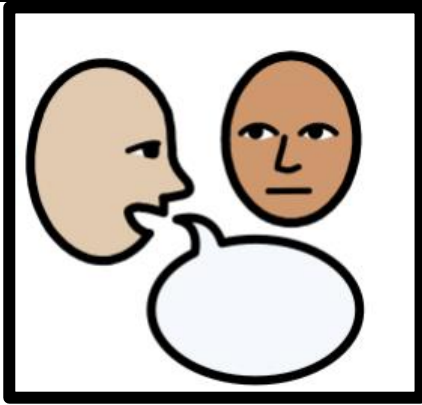
An **IMHA** will keep what you say private. They will not tell anyone unless you say it's okay.



They are free – you do not have to pay.

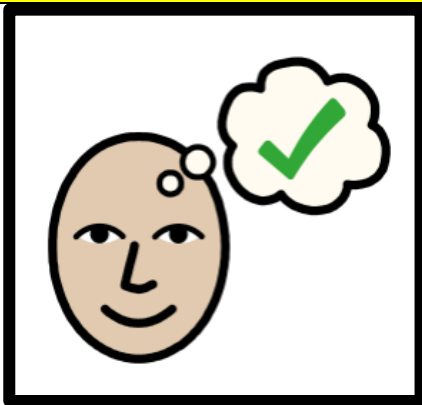


They will keep your information private, unless they need to share it to keep you or others safe.

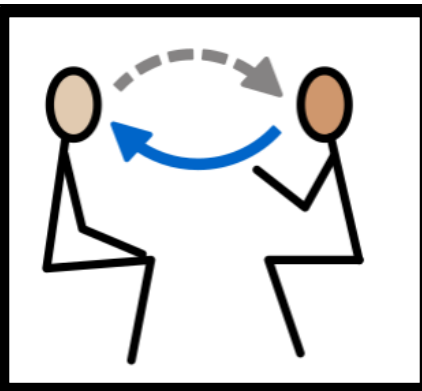


They will tell you when they share information.

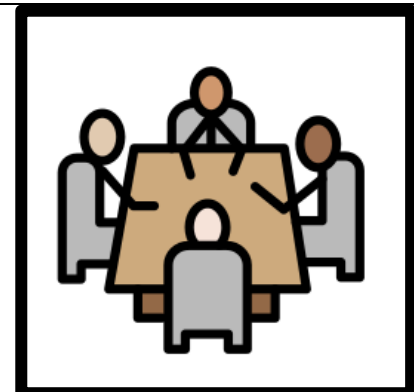
An IMHA can help you to:



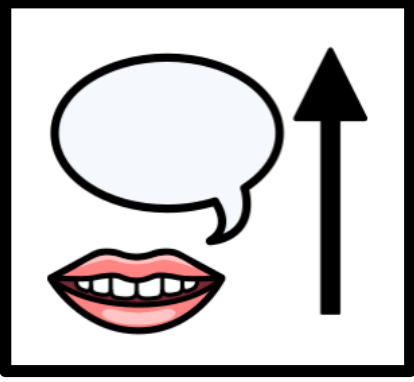
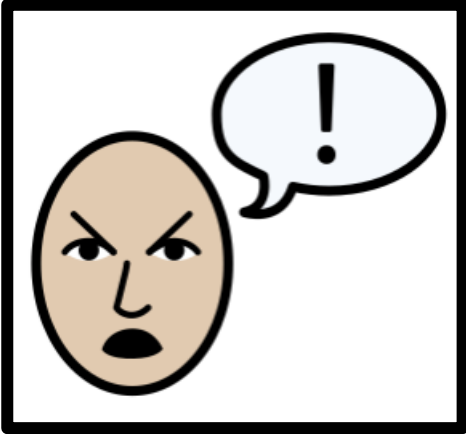


Understand your rights.

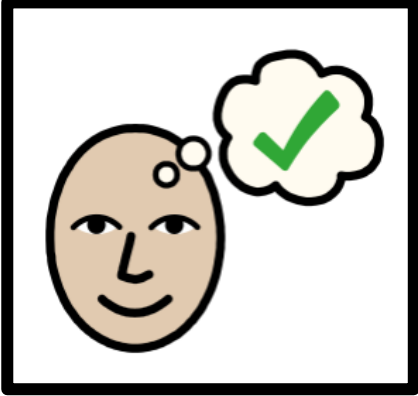



Be involved in decisions about your care and treatment.



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

	<p>Speak up or speak for you.</p>
	<p>Help you complain if you are unhappy.</p>
	<p>An IMHA cannot make decisions for you.</p>
	<p>An IMHA cannot tell you what they would do if they were you.</p>

	<p>An IMHA will help you understand your choices</p>
	<p>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.</p>

<p><u>Words Explained</u></p>
<p>Detained – Being kept in hospital under the Mental Health Act. You might also be in the community with rules (conditions) to follow.</p>
<p>Guardian – Your Guardian is usually the Local Authority (a council), but it can be someone else they agree on.</p>
<p>Guardianship – To help you live safely in the community, a Guardian will say where you should live, go to appointments and see professionals.</p>

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.

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**.