



## **Section 3 – Easy Read**

Phone us on **0300 323 0965**

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

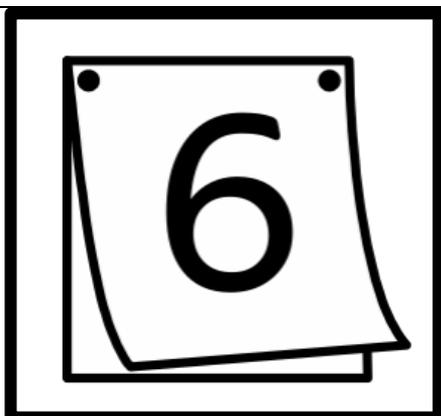
## What is Section 3 of the Mental Health Act?



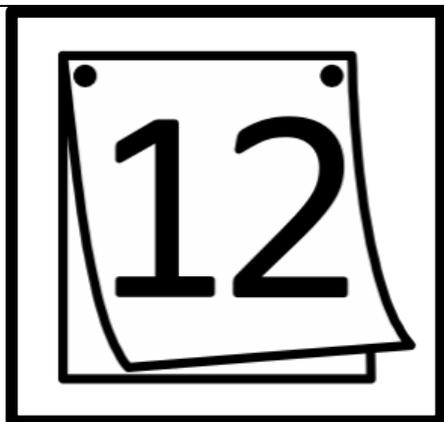
**The Mental Health Act** is a law in England.



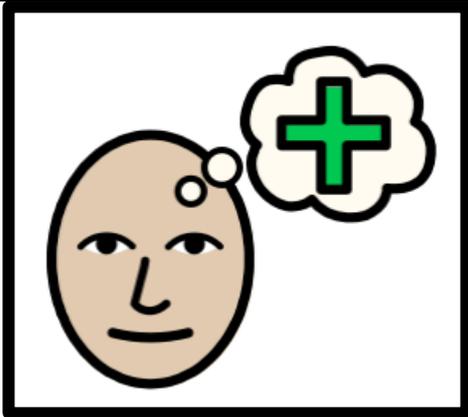
**Section 3** is part of the **Mental Health Act**.



You can be kept in hospital for up to 6 months at first.



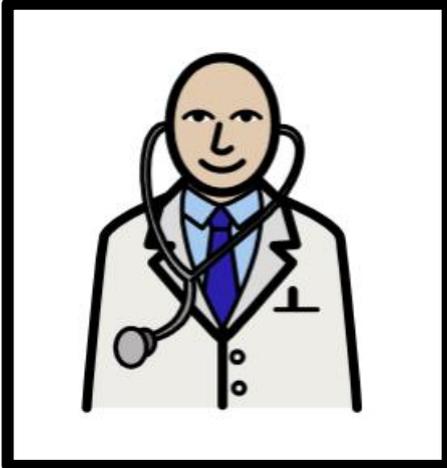
It can be renewed for another 6 months, and then for 1 year at a time.



Doctors use this time to give you treatment to help you get better.



You are not allowed to leave the hospital unless the doctor says you can. This is called being **detained**.

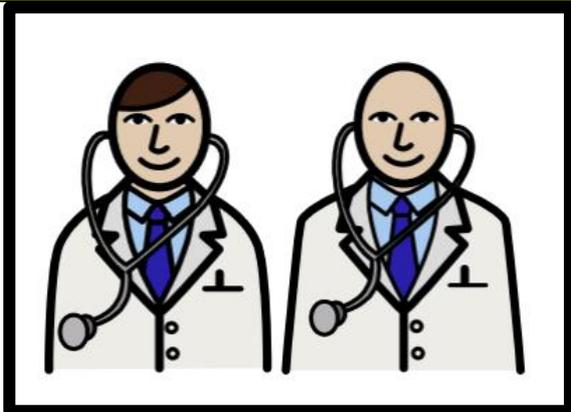


Your **Responsible Clinician** (the doctor in charge of your care) can say if you can leave before this.

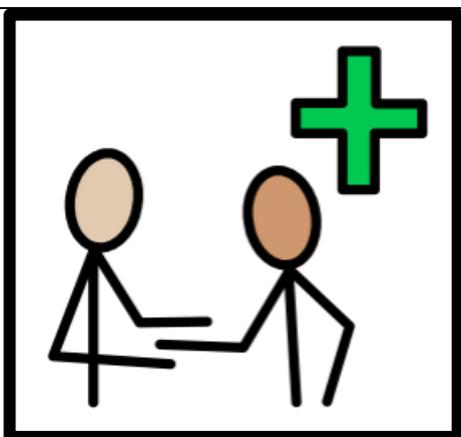


Your **Responsible Clinician** can also give you leave from the hospital. This is sometimes called **Section 17** leave.

## Why are you in hospital?

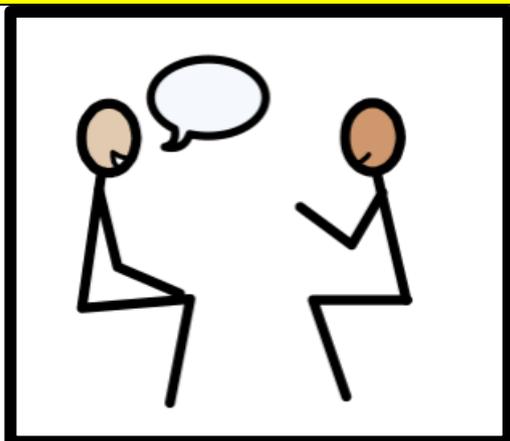


Two doctors have said you need to be in hospital.



They think you need **treatment** to help you feel better.

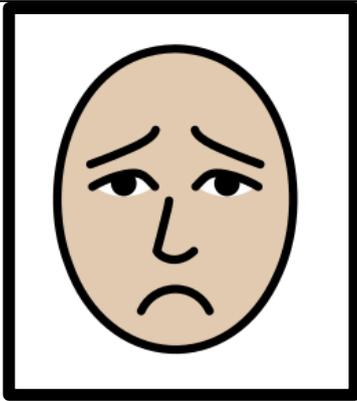
## Can you refuse treatment?



Staff should talk to you about the **treatment** they think you need.



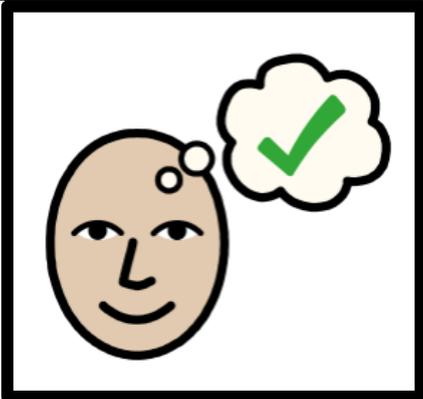
But they can give you **treatment** (like medication), even if you say you do not want it.



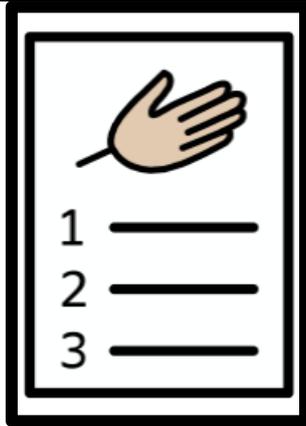
If you are unhappy, you can speak to your **Responsible Clinician** about this.

### What are your rights on a Section 3?

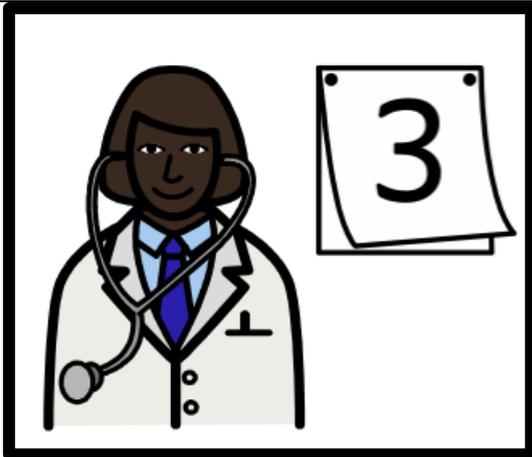
You have the right to:



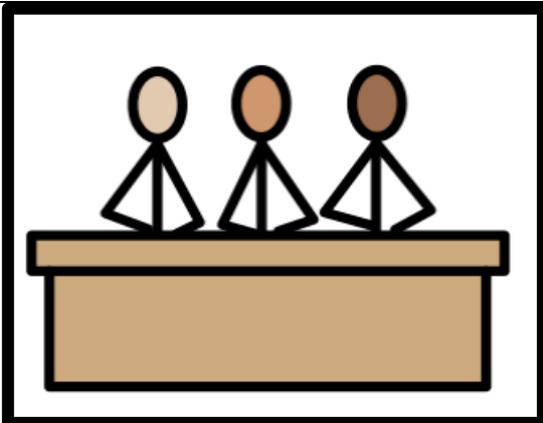
Know why you are on a **Section 3**.



Be told about your care and treatment plan.



See a **Second Opinion Appointed Doctor (SOAD)** after 3 months if you do not agree with the **treatment** you are getting



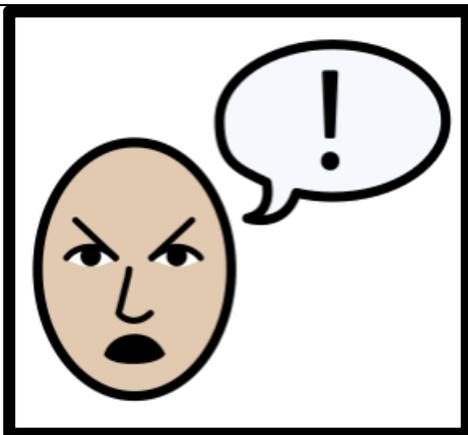
Ask the **Tribunal** to discharge you.



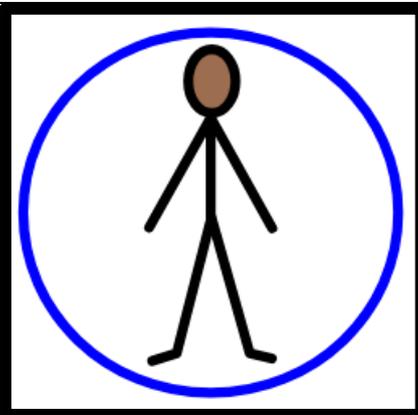
Ask for a **Hospital Managers Hearing** to discharge you.



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

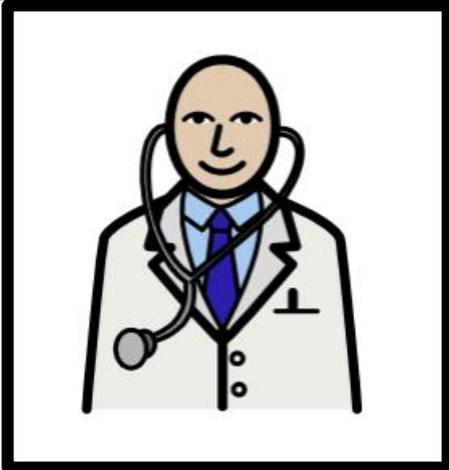


Complain if you are unhappy.



Your **Nearest Relative** also has rights when you are on a **Section 3**.

## What might happen after a Section 3 ends?



Your **Responsible Clinician** will decide what happens at the end of the **Section 3** period. They may:



Offer for you to stay in hospital as an **informal patient**.



Renew the **Section 3**. This means you would stay in hospital. Other doctors need to agree to this too.

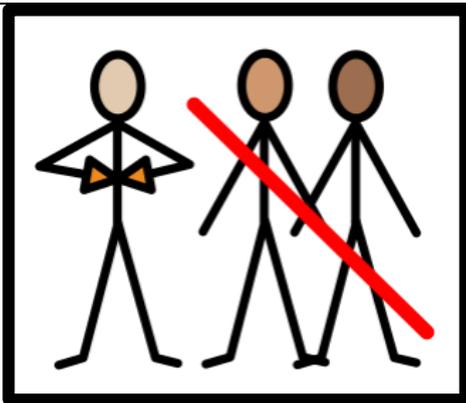


Let you leave hospital. You may get help from the **Community Mental Health Team (CMHT)**.

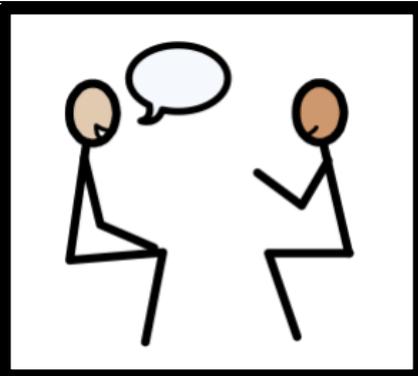
## What is an Independent Mental Health Advocate (IMHA)?



An **IMHA** is trained to help people who are in hospital or in the community and detained under the **Mental Health Act**.



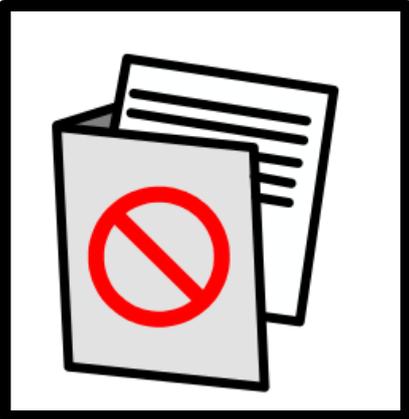
They do not work for the NHS or social services. They work for you.



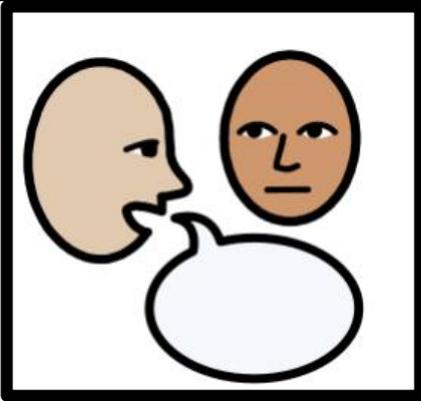
An **IMHA** will keep what you say private. They will not tell anyone unless you say it's okay.



They are free – you do not have to pay.

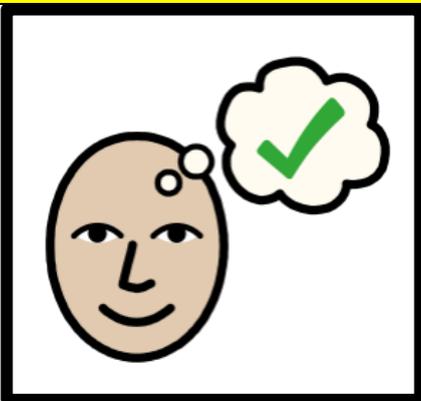


They will keep your information private, unless they need to share it to keep you or others safe.

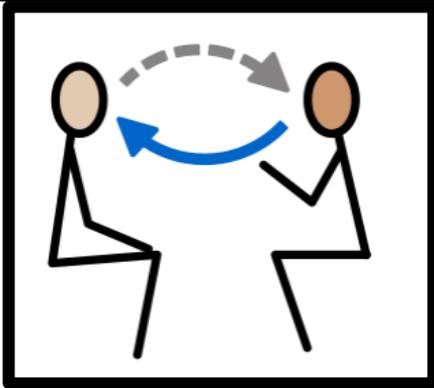


They will tell you when they share information.

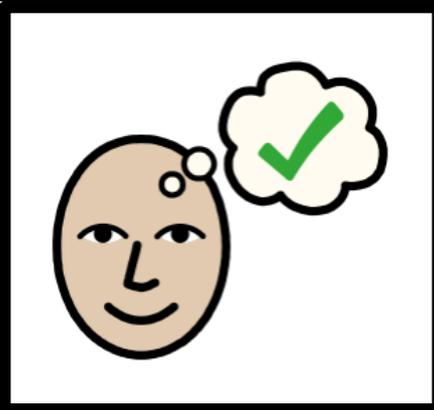
**An IMHA can help you to:**



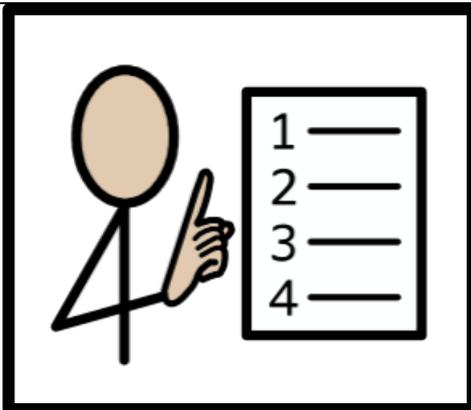
Understand your rights.



Be involved in decisions about your care and treatment.



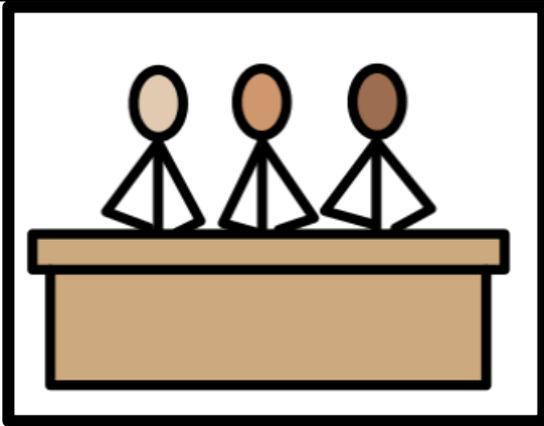
Understand why you are on a **Section** (a part of the **Mental Health Act**).



Understand any rules that might be in place.

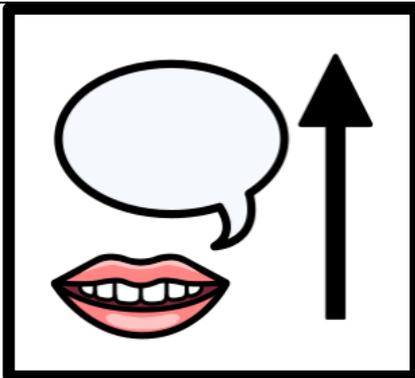


Get ready for meetings and go with you if you want.

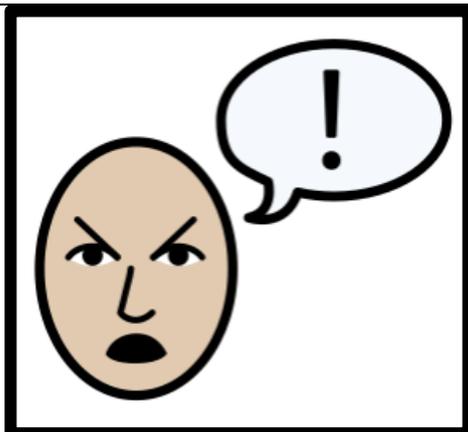


These meetings might be:

- **Tribunals**
- **Hospital Managers Hearings**
- **Care Programme Approach (CPA) meetings**
- **CETR (Care, Education and Treatment Review)**



Speak up or speak for you.



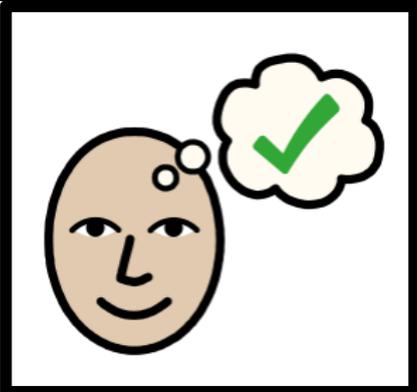
Help you complain if you are unhappy.



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

**Assessment** – To see if you have a mental health condition.

**CETR (Care, Education and Treatment Review)** – A meeting for people who have a learning disability or who are autistic. It checks if your care is right for you.

**Community Mental Health Team (CMHT)** – A team of people who help you stay well in the community.

**CPA (Care Programme Approach)** – A plan that says what care and treatment you will get and who will help you.

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

**Hospital Managers Hearing** – A meeting with people who decide if you should stay in hospital.

**Independent Mental Health Advocate (IMHA)** – A person who helps you understand your rights and speak up.

**Informal patient** – Someone who stays in hospital but is free to leave.

**Mental Health Act** – A law about how people with mental health conditions can be treated.

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

**Responsible Clinician** – The doctor in charge of your care.

**Rights** – Things you are allowed to do by law.

**Second Opinion Appointed Doctor (SOAD)** – An independent doctor who checks whether they agree with the **treatment** being given to someone under the **Mental Health Act**.

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

**Section 17** – This is where the Responsible Clinician says you can leave hospital for a certain amount of time. It might be with staff, family or friends, or on your own.

**Section 3** – A part of the law that says you need to stay in hospital for treatment.

**Treatment** – Help for your mental health. This can include medication, talking therapies, or support from staff.

**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.