

# Your stay in hospital

Making you better

# Mental Health Tribunal

Your rights to appeal against a section

Your name:.....

Your hospital doctor is:.....

You have come to: .....

Date you came to hospital:.....



## Section 3

# What You can do

- You can write to either the hospital managers or the Mental Health Act Tribunal telling them why you want to leave



- You can leave if the hospital managers or the Mental Health Act Tribunal agree with you



## Tribunal Information

# A tribunal



- It is a group of 3 people
- There is a lawyer, psychiatrist and another person (not a doctor)



- They will not know you and do not work for the hospital – They are independent
- You can ask them to let you leave before 6 months



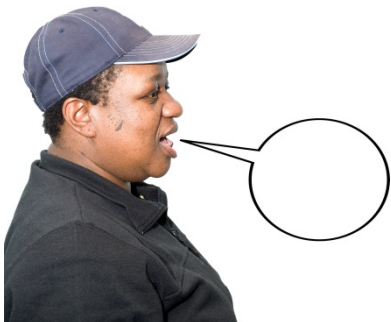
# Getting in contact

- Your key worker/nurse will give you a form to fill in or you can write a letter
- Someone will help you with this. This could be your advocate, care manager, family/carers or a member of staff



- You can write to the tribunal at any time

- The tribunal will ask why you want to leave
- You do not have to speak to them if you do not want to



# What will happen next

- The tribunal doctor will want to speak to you
- They will also speak to your doctor and the staff on the ward
- They will decide if you can leave
- If they say that you cannot leave you can apply to the tribunal again



# People to support me

- It is your choice. You could ask your advocate or a solicitor
- This person can also ask questions for you
- A solicitor's help may be free or you may have to pay a small fee
- Your care manager, advocate or the tribunal can help you find a solicitor
- After the first 6 months there will be a tribunal meeting
- You can apply for a tribunal every year



## Tribunal Information

### To contact Surrey and Borders Partnership:



**Telephone:** 0300 55 55 222



**Textphone:** 020 8964 6326



**Web:** [www.sabp.nhs.uk](http://www.sabp.nhs.uk)

For a better life

