An easy read fact sheet

Your treatment and Care Plan

This fact sheet tells you about your medical treatment and your rights.

Know your rights

The Mental Health Act Code of Practice
Your treatment and Care Plan

Key facts

★ If you are **detained** in hospital you will be getting Medical Treatment.

★ Your Medical Treatment will be written down in a **Care Plan**.

★ You should be shown your Care Plan and asked what you think.

★ Sometimes you can be given treatment without your **consent**. Consent is when you say it's OK to do something.

★ Your **Independent Mental Health Advocate** can help you understand your treatment.
Mental Disorder – sometimes called your Mental Health

- If you have a mental disorder you can be treated to help make it you feel better.

The people planning your treatment will think about:

- Your views about what treatment works for you and what does not
- What will happen if you don’t get treatment
- Your age
- Your physical health and any physical disabilities you may have
- Your religious or cultural beliefs
- If you are gay, lesbian, bisexual or transgender.
What does Medical Treatment mean?

Medical Treatment can include things like:

- Being helped by nurses
- Being given drugs (mediation)
- Talking to doctors
- Activities that can help you feel better and learn new skills.
About your Care Plan

- Your Medical Treatment will be written down in a Care Plan.

- You should be helped to understand what’s in your Care Plan.

- You can also get help to understand your Care Plan from an **Independent Mental Health Advocate** or a family member.

Can I be treated without my consent?

- If you are detained under the **Mental Health Act**, you can be treated **without** your consent, but the rules in the Act must be followed.

- An **Independent Mental Health Advocate** can help you to understand your rights and your Care Plan.
Where in the code?

This easy read fact sheet comes from DH Mental Health Act 1983: Code of Practice:

- Chapter 23 ‘Appropriate medical treatment test’ page 213
- Chapter 24 ‘Medical treatment under the Act’ page 217
- Chapter 25 ‘Treatment subject to special rules and procedures’ page 230
- Chapter 26 ‘Safe and therapeutic responses to disturbed behaviour’ page 245

Download the code:

Download the easy read fact sheets:
www.nhs.uk/easy-mentalhealthact

Download the easy read glossary:
www.nhs.uk/glossary