

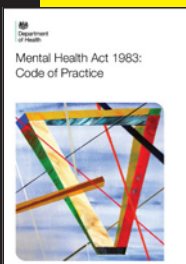


Department  
of Health

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.







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## 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:**

[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/396918/Code\\_of\\_Practice.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/396918/Code_of_Practice.pdf)

**Download the easy read fact sheets:**

[www.nhs.uk/easy-mentalhealthact](http://www.nhs.uk/easy-mentalhealthact)

**Download the easy read glossary:**

[www.nhs.uk/glossary](http://www.nhs.uk/glossary)