NHS
Hertfordshire
Partnership University
NHS Foundation Trust

Mental Health Tribunal

An EasyRead Guide

HM Courts &
Tribunals Service

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

What is a Mental Health Tribunal?

A Mental Health Tribunal is a meeting to decide if you can leave hospital.

There will be a panel of 3 people:

1. A Judge.

2. A Tribunal doctor.

3. A specialist.

The Tribunal doctor will always come to see you if you are in hospital under Section 2 of the Mental Health Act.

If you are in hospital under another Section, you have the right to ask to see the Tribunal doctor.

Your solicitor will tell you how to do this.

The panel members are not part of the hospital.

They will talk to you and staff from the hospital.

They will then decide if you can leave hospital.

How do I say what I want at my Tribunal?

You can speak to your solicitor before your Tribunal.

Your solicitor will help you tell the Tribunal what you want.

You don't pay for your solicitor.

A member of nursing staff from the hospital will support you during your Tribunal.

What will happen at my Tribunal?

You can go to the Tribunal.

Staff from the hospital will also go.

The panel will ask your doctor, nurse and social worker questions.

Your doctor and nurse will tell the panel about your behaviour and the support you need.

The panel and your solicitor will write down what they say.

You can also speak at the Tribunal.

The panel understands that you may find it difficult to say what you want to strangers.

Your solicitor will help you say what you want to.

You can speak first.

You should put your hand up when you want to say something.

Tell your nurse if you need a break or if you want to leave.

You can leave the Tribunal when you want.

Do I have to go to my Tribunal?

You do not have to go to your Tribunal.

Tell your nurse if you do not want to go.

Your nurse will tell the Judge.

The Tribunal will take place without you.

What happens after my Tribunal?

The Tribunal panel will decide if you need to stay in hospital or if you can leave.

Your solicitor will tell you what the panel have decided.

EasyRead guide developed by Dr Indermeet Sawhney, Hertfordshire Partnership University NHS Foundation Trust with input from Dr Joan Rutherford, Chief Medical Member - Mental Health Tribunal and Dr Ken Courtenay, Chair, Faculty of Psychiatry of Intellectual Disability, Royal College of Psychiatrists

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