Mental Health Act 1983

An overview of your rights under the Mental Health Act. Includes FAQs, explanations of legal terms and links to further information and support.
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What is the MHA 1983?

The Mental Health Act (MHA) 1983 is a piece of legislation (in England and Wales) which tells people with mental health problems what their rights are regarding:

- assessment and treatment in hospital
- treatment in the community
- pathways into hospital, which can be civil or criminal

Many people who receive inpatient treatment on psychiatric wards have agreed to go into hospital as informal patients (also known as voluntary patients). However, roughly half are in hospital without their agreement as formal patients. This is because they have been detained under the Mental Health Act (often called being sectioned).

If you are a formal patient you lose certain rights, including the right to leave hospital freely, so if you're in this situation it's really important to know your rights under the Mental Health Act.

What does the Mental Health Act cover?
The Mental Health Act is divided up into lots of different sections. These contain information on:

- Your rights when you are detained in hospital against your wishes (see our legal pages on sectioning).
- Your family's rights when you are detained (see our legal pages on nearest relative).
- Your rights when you are detained in hospital and also part of the criminal justice system (see our legal pages on mental health and the courts, mental health and the police and sectioning).
- Your rights around consent to treatment when you are detained (see our legal pages on consent to medical treatment).
- Your rights when you are being treated in the community, for example on a community treatment order (CTO) (see our legal pages on community care and aftercare).

(See our page of Mental Health Act FAQs for more information.)

What other laws do I need to know about?
As a person with a mental health problem living in England or Wales, these are some other key pieces of legislation which set out some of your rights and protect you from discrimination:

- Equality Act 2010
- Mental Capacity Act 2005
• **Human Rights Act 1998**

You can find more information on your rights in different situations on our other pages on your legal rights.

**Where can I get legal support?**

For further legal information you can contact:

• Mind’s [Legal Line](#)
• a local [Law Centre](#)
• [Civil Legal Advice](#)
• [Citizens Advice (England)](#) or [Citizens Advice (Wales)](#)
• a private solicitor – [The Law Society](#) website can provide a list of qualified solicitors in your area.

You may also be legally entitled to an **advocate** - someone who can help you understand your rights and make your voice heard. (See our page on [statutory advocacy](#) for more information.)

If you're looking for information in an accessible format for people with learning disabilities, you can find a series of Easy Read factsheets on your rights under the Mental Health Act on the [NHS Choices website](#).
Frequently Asked Questions

This page provides brief answers to the most common questions you may have about your rights under the Mental Health Act, and lets you know where you can find more detailed information on our website.

- Can I be made to stay in hospital against my will?
- I am an informal patient, can I still be sectioned?
- Can the police be involved in my detention?
- What role can the courts play in my detention?
- Can I be given treatment against my wishes?
- What are my rights?
- Do my family members have any rights?
- Is there anyone else who can support me?
- Can I leave hospital for short periods of time?
- How can I end my stay in hospital?
- Am I entitled to any care when I leave hospital?

Can I be made to stay in hospital against my will?

In certain circumstances you can be made to go to hospital under a section of the Mental Health Act, even if you don’t want to. There are many terms you might hear used to describe this, including:

- compulsory admission to hospital
- detention or involuntary detention
- being a formal patient
- being sectioned

Before you can be lawfully sectioned, you will need to be assessed by a team of health professionals, to make sure that it is necessary.

To find out more about when it may be legal to section you, what different sections mean and what your rights are when in hospital, see our legal pages on:

- Sectioning

I am an informal patient, can I still be sectioned?

If you are in hospital as an informal patient (also known as voluntary patient), you are free to leave the hospital or ward should you choose.

However, if the health professional in charge of your treatment thinks it is necessary, they can make a report to the hospital managers that an
application to keep you in hospital ‘ought to be made’ under section 5 of the Act. When these powers are used:

- you are no longer free to leave and
- you will need to remain in hospital for assessment to see if you need to be detained under section 2 or section 3.

Before you can be lawfully sectioned, you will need to be assessed by a team of health professionals, to make sure that it is necessary.

To find out more about when it may be legal to section you, what different sections mean and what your rights are when in hospital, see our legal pages on:
- Sectioning

**Can the police be involved in my detention?**

Yes, the police may be involved if:

- you are suspected of committing an offence, or
- they need to take you to a place of safety under sections 135 or 136

To find out more about when and how the police can become involved in each of these instances, see our legal pages on:
- Mental health and the police
- Sectioning

**What role can the courts play in my detention?**

If you are going to the criminal court to be tried for committing a crime and the court receives reports from a health professional that you are unwell enough, it can order you to be detained in hospital:

- while you are awaiting trial, and/or
- as part of your sentence

To find out more about what sections apply here and how this process works, see our legal pages on:
- Mental health and the courts
- Sectioning
Can I be given treatment against my wishes?

A medical professional should always seek your informed consent before giving you treatment for your physical or mental health.

However, the Mental Health Act says that in some circumstances, you can receive treatment from medical professionals for your mental disorder without your consent. This can happen when you are detained under certain sections of the Act.

The Mental Health Act only authorises treatment for mental disorder, so you couldn't be given treatment without your consent for a physical illness under the Act, unless the physical problem is a symptom or underlying cause of a mental disorder.

To find out more about when it's legal to treat you against your wishes, see our legal pages on:

- Consent to medical treatment

What are my rights?

You still have certain rights when you are in hospital, as well as when you have left hospital. These may include rights to:

- be given information about your section, and about what it means to be in hospital
- appeal to a Mental Health Tribunal against your section
- get help and support from an advocate
- meet with the hospital managers
- complain
- correspondence and visitors, as well as some telephone access
- vote
- receive care once you have left hospital

To find out more about the rights you have under the Mental Health Act, see our legal page on:

- My rights

Do my family members have any rights?

Your family members may have certain legal rights related to your sectioning. For example, your family member might be your nearest relative (NR). Your nearest relative has certain rights and responsibilities, including a right to:

- apply for you to be sectioned
- receive information about your sectioning
- discharge you if you are sectioned and apply to the [Mental Health Tribunal](#) if this is refused
- object to your sectioning

To find out more about who can be your nearest relative and what they are able to do for you, see our legal pages on:

- Nearest relative (NR)

**Is there anyone else who can support me?**

If you have been sectioned, you have the right to receive support from an advocate, called an Independent Mental Health Advocate (IMHA). An IMHA can help you do a range of things, including:

- explain your rights and help you exercise them
- express your views
- make a [complaint](#)
- make an application to a [Mental Health Tribunal](#)
- access legal advice

To find out more about what an IMHA can do for you and how to access one, and for information on advocacy more generally, see our legal pages on:

- IMHAs (England)
- IMHAs (Wales)
- Advocacy in mental health

**Can I leave hospital for short periods of time?**

If you are [detained](#) in hospital you are sometimes able to leave hospital for a short period of time, even if you are still under section. This is called section 17 leave.

To find out more about taking short periods of leave from hospital while under section, see our legal pages on:

- My rights
- Community care and aftercare

**How can I end my stay in hospital?**

If you have been [sectioned](#), the Mental Health Act gives you the right to be given information on ways in which your section can end. This may also be called being ‘discharged’ from your section. If you want to be discharged from
hospital and you are under sections 2 or 3, you can:

- ask your responsible clinician (RC) to discharge you
- ask for a meeting with the hospital managers and ask them to discharge you
- ask your nearest relative (NR) to discharge you
- apply to the Mental Health Tribunal to be discharged

You could be discharged from hospital onto a community treatment order (CTO). This means you won't have to stay in hospital but there might be some conditions to this, for example you may have to live in a certain place or you might have to go somewhere for medical treatment.

To find out more about being discharged from hospital, see our legal pages on:

- Discharge from hospital
- Nearest relative's rights

To find out more about CTOs, see our legal pages on:

- Community treatment orders (CTOs)
- Community care and aftercare

**Am I entitled to any care when I leave hospital?**

You may have a right to free aftercare under section 117 of the Mental Health Act once you have left hospital. This will depend on which section you have been detained under.

To find out more about what care you're entitled to when you leave hospital, see our legal pages on:

- Aftercare under section 117 of the Mental Health Act
### MHA Glossary

You can use the table below to find brief definitions of terms which you may need to know. Many definitions also include links to sources of further information.

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  • Responsible clinician (RC)  
  • Revocation  
  • Second opinion appointed doctor (SOAD)  
  • Section  
  • Section 12 approved doctor  
  • Supervised community treatment (SCT)  
  • Voluntary patient (also known as informal patient) |
**Appropriate adult**
If you are held by the police and they realise, or are told, that you have a [mental health problem](#), you have the right to be accompanied by an appropriate adult.

They should be an adult who is independent of the police, such as a member of your family or a mental health worker, but they cannot be your solicitor. You can’t choose who your appropriate adult is, but you may be asked you about your preferences.

An appropriate adult should:

- make sure that you get a solicitor
- request that you are seen by a doctor
- help you to communicate with the police
- be present if you are questioned about an offence

(For more information, see our legal pages on [mental health and the police](#).)

**Appropriate treatment (or appropriate medical treatment)**
This means medical treatment for your [mental health problem](#) that is:

- suitable for you
- available
- takes into account the nature and degree of your mental health problem and your individual circumstances

**Approved clinician**
A mental health professional who has certain responsibilities related to your healthcare. They are approved to do this by the Department of Health (England) or by the Welsh Ministers (Wales).

Approved clinicians may be:

- doctors
- psychologists
- nurses
- occupational therapists
- social workers

Some decisions under the Mental Health Act, such as deciding on your medication or giving you permission to leave the ward or hospital, can only be taken by approved clinicians.

**Approved mental health professional (AMHP)**
AMHPs are mental health professionals who have been approved by a local social services authority to carry out certain duties under the Mental Health
Act. They are responsible for coordinating your assessment and admission to hospital if you are sectioned.

They may be:

- social workers
- nurses
- occupational therapists
- psychologists

**Attorney**

An attorney is a person over the age of 18 whom you have appointed to make decisions on your behalf about your welfare and/or your property and financial affairs. You need an attorney if you are unable to make such decisions yourself. If you do not have the capacity to appoint an attorney, the Court of Protection will appoint a deputy to perform this role.

- A health and welfare attorney makes decisions about things like your daily routine, your medical care, where you live and, if you specially request this, whether you should have life-sustaining treatment.
- A property and financial affairs attorney makes decisions about things like paying bills, collecting benefits and selling your home.

**Capacity**

'Capacity' means the ability to understand information and make decisions about your life. Sometimes it can also mean the ability to communicate decisions about your life.

If you do not understand the information and are unable to make a decision about your care, for example, you are said to lack capacity.

(For more information see our legal pages on the Mental Capacity Act 2005.)

**Care coordinator**

A care coordinator is the main point of contact and support if you need ongoing mental health care.

They keep in close contact with you while you receive mental health care and monitor how that care is delivered – particularly when you’re outside of hospital.

They are also responsible for carrying out an assessment to work out your health and social care needs under the care programme approach (CPA).

A care coordinator could be any mental health professional, for example:

- nurse
- social worker
• other mental health worker

This is decided according to what is most appropriate for your situation.

A care coordinator usually works as part of the community mental health team.

Community mental health team (CMHT)
CMHTs support people with mental health problems living in the community, and also their carers. The team may include:

• a social worker
• a community psychiatric nurse (CPN)
• a psychologist
• an occupational therapist
• a counsellor
• a community support worker

Community treatment order (CTO)
If you have been sectioned and treated in hospital under certain sections, your responsible clinician (RC) can apply for you to be put on a CTO. This means that you can be discharged from the section and leave hospital, but you might have to meet certain conditions such as:

• living in a certain place
• going somewhere for medical treatment

For more information about what a community treatment order is, how it affects you and how you can change or end it, see our legal pages on community treatment orders (CTOs).

Conditional discharge
This is where you are discharged from hospital into the community by a tribunal or the Secretary of State for Justice, but you have to meet certain conditions. If you break these conditions, you can be recalled to hospital by the Secretary of State for Justice.

You will only be put under a conditional discharge if you have been:

• sectioned by a court under certain sections of the Mental Health Act, and have been charged with a crime, and you are a restricted patient under a restriction order, or
• transferred to hospital from prison under the Mental Health Act and you are a restricted patient under a restriction direction
**Court of Protection**
The Court of Protection makes decisions and appoints deputies to act on your behalf if you are unable to make decisions about your personal health, finance or welfare.

**Detained**
A person is detained if they are being kept in hospital under section and are not free to leave.

**Displacement**
Displacement is where you change your nearest relative (NR). The process of changing the nearest relative is often known as ‘displacement proceedings’.

Your nearest relative can be displaced if you or the local authority have concerns about the way that they are behaving.

**Equality Act 2010**
This is the law that explains:

- what behaviour counts as unlawful discrimination
- who has a right to challenge discrimination

(For more information on the Equality Act 2010, see our legal pages on disability discrimination.)

**Escorted leave**
This is where you are allowed to leave the ward accompanied by a member or members of the hospital staff. Your responsible clinician (RC) grants you permission to leave the ward under section 17 of the Mental Health Act.

**Formal patient**
A formal patient is someone who is being detained in hospital under a section of the Mental Health Act, and is therefore not free to leave.

**Guardianship**
This is where someone called a ‘guardian’ is appointed to help you live as independently as possible in the community, instead of being sectioned and kept in hospital.

You would be placed under guardianship if your mental health problem meant that it would be difficult for you to avoid danger or people taking advantage of you. Your guardian has the power to make certain decisions about you and to make conditions that you will be asked to keep to.

(For more information see our legal pages on community care and aftercare.)
Hospital managers (also known as Mental Health Act managers)
These are an independent panel of mental health professionals in a hospital or Trust. They have certain important responsibilities and can make decisions related to your sectioning – for example, they can hear your application to be discharged and decide whether or not to discharge you.

Human Rights Act 1998
In the UK, our human rights are protected by law. This law is called the Human Rights Act 1998.

(For more information, see our legal pages on the Human Rights Act 1998.)

Immediate care or control
This means that you are vulnerable because of your mental health problem and you need a level of care or control that you are not receiving in the public place to keep you safe and healthy.

Independent mental health advocate (IMHA)
An IMHA is an advocate specially trained to help you find out your rights under the Mental Health Act and help you while you are detained. They can listen to what you want and speak for you.

You have a right to an IMHA if you are:
- detained in hospital under a section of the Mental Health Act, but not if you are under sections 4, 5, 135 and 136
- under guardianship, conditional discharge and community treatment orders (CTOs)
- discussing having certain treatments, such as electroconvulsive therapy (ECT)

In Wales, voluntary patients can also have an IMHA.

(For more information, see our pages on: IMHAs (England), IMHAs (Wales) and statutory advocacy.)

Judicial review
This is a type of court procedure where a judge reviews a public authority’s decision, policy, practice, act or failure to act, and decides whether it is lawful or not.

If it is not lawful, the court may cancel the decision or action (‘quash’ it), and require the public authority to reconsider it, lawfully. The court can order the authority to do or not do something.

Legal aid
Legal aid is financial support which can help meet the costs of legal advice, family mediation and representation in a court or tribunal. You can find out
more about legal aid on the [UK government website](https://www.gov.uk). You can also contact [Civil Legal Advice](https://www.gov.uk) to find out whether you're eligible.

**Litigation friend**
A litigation friend is someone who can take your place in legal proceedings, if you lack [capacity](https://www.gov.uk) to take part yourself. For example, the litigation friend could instruct solicitors on behalf of you, or speak to the judge directly on your behalf. A litigation friend could be a family member, a friend, or the [Official Solicitor](https://www.gov.uk).

**Medical treatment**
In the Mental Health Act this means medical treatment that is used to relieve the signs and symptoms of your mental health condition, or to stop it from getting worse. It includes:

- nursing
- psychological intervention and specialist mental health habilitation (learning skills)
- rehabilitation (relearning skills)
- care

**Mental Capacity Act 2005**
If you can’t make decisions for yourself because you don’t have the mental capacity to make them, the Mental Capacity Act 2005 tells you what you can do to plan ahead, how you can ask someone else to make decisions for you and who can make decisions for you if you haven’t planned ahead.

(For more information, see our legal pages on the [Mental Capacity Act 2005](https://www.gov.uk).)

**Mental disorder**
When the Mental Health Act talks about someone with [mental health problems](https://www.gov.uk) and whether or not they should be [sectioned](https://www.gov.uk), it often uses the term “mental disorder”. The Act defines this as “any disorder or disability of mind” (section 1).

Mental disorder can include:

- any mental health problem normally diagnosed in psychiatry
- learning disabilities, if the disability makes you act in a way which may seem "abnormally aggressive" or "seriously irresponsible"

**Mental Health Act 1983 (MHA)**
This is a law that applies to England and Wales which allows people to be detained in hospital (sectioned) if they have a mental illness and need treatment. You can only be kept in hospital if certain conditions are met.

(For more information, see our legal page [about the Mental Health Act 1983](https://www.gov.uk).)
**Mental Health Act administrator**
The administrator works in the hospital and deals with collecting and keeping the section or community treatment order (CTO) papers safe. They make sure that procedures are followed – like making sure you are given the right information and arranging hearings.

**Mental Health Act Code of Practice**
This tells health professionals how they should follow the Mental Health Act. It is not law, so it cannot be enforced by going to court, but health professionals should follow it unless there is a good reason not to.

The Code covers some areas not specifically mentioned in the Mental Health Act 1983, such as visiting rights and the use of seclusion.

If a health professional doesn’t follow the Code, you can make a complaint.

**Mental Health Tribunal**
This is a special court that deals with cases relating to the Mental Health Act.

The Tribunal decides whether you can be discharged from your section and can decide about suitable aftercare and make recommendations about matters such as hospital leave, transfer to another hospital, guardianship and community treatment orders (CTOs).

The court is made of a panel, which normally includes:

- a legally qualified chairperson
- a ‘lay person’ who has appropriate experience and qualifications in the area of mental health
- an independent psychiatrist, who will speak to you and examine you before the tribunal hearing in certain circumstances, and when you request to see them

Where you see a reference to the Mental Health Tribunal on Mind’s website, it means:

- First Tier Tribunal (Mental Health), if you live in England, or
- Mental Health Review Tribunal for Wales, if you live in Wales

**Nearest relative (NR)**
This is a family member who has certain responsibilities and powers if you are detained in hospital under the Mental Health Act. These include the right to information and to discharge in some situations.

The law sets out a list to decide who will be the nearest relative. This can sometimes be changed.

(For more information see our legal pages on the nearest relative.)
Not kept under proper control
This means that you are vulnerable because of your mental health problem, and you need a level of care or control that you are not receiving at the time of the warrant to keep you safe and healthy.

Parental responsibility
This is a legal term which means that a person has rights and responsibilities towards a child.

Patient
This is defined in the Mental Health Act as a person suffering or appearing to be suffering from mental disorder.

Personal Information
Information which relates to you in such a way that you can be identified from the information.

(For more information on your rights regarding your personal information, see our legal pages on my personal information.)

Place of safety
A locally agreed place where the police may take you to be assessed, usually a police station or a hospital. A police station should normally only be used in an emergency.

Recalled
This is a legal definition meaning that you can be returned to hospital for up to 72 hours. You can be recalled to any hospital if the responsible clinician thinks that:

- you need medical treatment in hospital for your mental disorder, and
- there would be risk of harm to your health or safety or to others if you are not recalled.

You must meet both criteria.

Registered medical practitioner
A qualified doctor, for example a GP or psychiatrist.

Remand
In this context, this means that you are sent to hospital by the court either before or after trial for medical examination. This is so a medical report on your mental condition can be prepared.

Responsible clinician (RC)
This is the mental health professional in charge of your care and treatment while you are sectioned under the Mental Health Act.
Certain decisions, such as applying for someone who is sectioned to go onto a community treatment order (CTO), can only be taken by the responsible clinician.

All responsible clinicians must be approved clinicians. They do not have to be a doctor, but in practice many of them are.

Revocation
This is a legal definition which means that your community treatment order (CTO) has ended and that you are detained under the original section, for example section 3.

Second opinion appointed doctor (SOAD)
This is an independent doctor appointed by the Care Quality Commission in England or by the Healthcare Inspectorate Wales. You need his or her approval to be given or continue to be given certain forms of medical treatment under the Mental Health Act.

(For more information see our legal pages on consent to medical treatment.)

Section
Being 'sectioned' means that you are kept in hospital under the Mental Health Act. There are different types of sections, each with different rules to keep you in hospital. The length of time that you can be kept in hospital depends on which section you are detained under.

(For more information see our legal pages on sectioning.)

Section 12 approved doctor
A doctor trained and qualified in the use of the Mental Health Act, usually a psychiatrist. They may also be a responsible clinician (RC), if the responsible clinician is a doctor.

Supervised community treatment (SCT)
You can be under supervised community treatment if you are put under a community treatment order (CTO).

For more information about what a community treatment order is, how it affects you and how you can change or end it, see our legal pages on community treatment orders (CTOs).

Voluntary patient (also known as informal patient)
These are people who are staying in a psychiatric hospital but are not detained under the Mental Health Act. They should be able to come and go from the hospital within reason and are able to discharge themselves if they decide to go home.
Useful Contacts

**Mind’s Legal Line**
Our [Legal Line](#) can provide you with legal information and general advice.

**Care Quality Commission (CQC)**
[cqc.org.uk](https://cqc.org.uk)
For complaints about anything that may have happened during your time in hospital under section (in England).

**Citizens Advice**
citizensadvice.org.uk (England)
walescitizensadvice.org.uk/wales (Wales)
Provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. They also have an [online self-help](#) service.

**Civil Legal Advice**
gov.uk/civil-legal-advice
Civil Legal Advice can tell you if you’re eligible for legal aid and can give you free and confidential legal advice in England and Wales.

**Healthcare Inspectorate Wales**
hiw.org.uk
For complaints about anything that may have happened during your time in hospital under section (in Wales).

**Law Centres Network**
lawcentres.org.uk
Network of local Law Centres which can offer legal advice, casework and representation to people who can’t afford a lawyer. Provides an [online list of local Law Centres](#).

**The Law Society**
lawsociety.org.uk
The Law Society provides details of private solicitors. It has offices in both England and Wales.
Mental Health Review Tribunal for Wales
029 2082 5328
Crown Buildings, Cathays Park, Cardiff, CF10 3NQ

Deals with cases in Wales relating to the Mental Health Act 1983, for example deciding whether you can be discharged from your section. The NHS Wales website provides more information.

Mental Health Tribunal (England)
gov.uk/courts-tribunals/first-tier-tribunal-mental-health

Deals with cases in England relating to the Mental Health Act 1983, for example deciding whether you can be discharged from your section.

Revolving Doors Agency
revolving-doors.org.uk

For people with mental health problems who are in contact with the criminal justice system.

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