



What is a Mental Health Act Assessment?

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A Mental Health Act Assessment is an assessment to decide whether you should be detained in hospital under the Mental Health Act. The people assessing you will also consider other options that might help you, such as support and treatment in your home. They will want to consider this with you and if possible with your close family. The people assessing you will normally be:

- an Approved Mental Health Professional (AMHP)
- a doctor who has been given special training (known as a section 12 approved doctor)
- a registered medical practitioner (another doctor).

The doctors and AMHP will make an assessment by interviewing you and by speaking to professionals who know you and your close family.

During the interview you may be asked about a number of things, including:

- how you are feeling and what thoughts you are having
- your lifestyle, your daily routine and your living situation
- whether you have been taking any medication you are prescribed
- whether you have been using drugs or alcohol
- any plans you may have made to harm yourself or others

If the assessors are going to detain you to hospital the two doctors must agree that you are suffering from a mental disorder and that you need to be detained in hospital for assessment or treatment. They must also agree that it is in the interests of your own health, your own safety or to protect the safety of other people.

The role of the AMHP is to give a non-medical view about your situation. This might include looking at social aspects of your life such as your living situation, what support you have and whether you are looking after yourself properly.

The AMHP will then decide whether to make an application to a hospital for a bed for you.

Remember:

- You can ask to have someone with you for support. (This might be a family member, friend or advocate)
- You can ask for a short break in the interview if you need to.
- You can ask to speak to the AMHP alone.

Advocacy

If you've been detained under the Mental Health Act, **Independent Specialist Advocacy** services can help you to understand your legal rights and express your views. An advocate can also represent a person's views if they lack capacity.

Your AMHP can explain more about advocacy.

Derbyshire MIND can provide you with an Advocate on tel: **01332 623732** or visit: **www.derbyshiremind.org.uk**

If you live in Derbyshire but are in hospital in Tameside and you need advocacy services, then you should contact **Cloverleaf/IMHA** on tel: **0161 207 0767**

Recovery and Peer Support Services

The Recovery and Peer Support Service offers the opportunity to learn more about your mental health condition and ways to manage it. You can also meet new friends, enjoy social activities and get help with issues such as housing, benefits and employment.

The service is provided by Rethink Mental Illness, Derbyshire Federation for Mental Health and P3 Charity.

Tel: **01773 734989**

Visit: www.rethink.org/derbyshirerecovery

Other useful contacts

Derbyshire Focusline (Rethink) tel: **0800 027 2127**

NHS Direct tel: **111**

Samaritans tel: **116 123**

Mind Info Line tel: **0300 1233393**, **Legal Line** tel: **0300 4666463**

North Derbyshire Forum for Mental Health Carers
tel: **07494943084** or **07494947427**

South Derbyshire Forum for Mental Health Carers
tel: **07921 162740** or **07891 450119**

Call Derbyshire - tel: **01629 533190** or if it's out-of-hours you can tel: **01629 532600**

Please be aware these contact numbers were correct at the time of printing/publication but may change in the future. We will try our best to keep them up to date by reviewing them regularly.

This leaflet can be made available in a range of accessible formats including, alternative languages, Braille, Easy Read and audio.

To request a copy please contact Call Derbyshire on tel: **01629 533190**

Visit: www.derbyshire.gov.uk/adultcare

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Adult Care, County Hall Matlock,
Derbyshire, DE4 3AG.