

Know your rights under the Mental Health Measure

Information for people
living in Bridgend
County Borough

*dwos ufferial
o s'p'echyd
meddal at'p'rifol*

hafal

*for recovery
from serious
mental illness*

PROMHS
Promoting Mental Health Services
Bridgend County



The Mental Health (Wales) Measure 2010 focusing on people's mental health needs, is a piece of law made by the National Assembly for Wales, which ensures appropriate care is in place across Wales.

It puts new legal duties on health boards and authorities for the assessment and treatment of mental health problems.

The Measure also improves access to independent mental health advocacy for people with mental health problems.

It has four main parts:

- **Part one** will ensure more mental health services are available within your community and through your GP;
- **Part two** makes sure all patients in secondary mental health services have a care and treatment plan;
- **Part three** enables all adults discharged from secondary mental health services to refer themselves directly back into services for an assessment if they think they need support once more;
- **Part four** supports every in-patient to have help from an independent mental health advocate if wanted.



Part one:

Access to a Local Primary Mental Health Support Service

If you are concerned about your mental health, the first point of contact is always through your GP. Your GP can treat some less complex conditions or prescribe medication to suit your needs.

If your GP feels you need more support, you may be referred to the Local Primary Mental Health Support Service based in ARC Day Services in Bridgend town centre. The team consists of nurses, occupational therapists, social workers and support workers. Alternatively, for dementia services, you may be referred to Older People's Mental Health Services.



Your rights:

- **Assessment should take place within 28 days from your GP referral;**
- **You will be assessed and may be offered a short term intervention which could include individual therapy, group therapy, support groups and signposting to appropriate support available in your community;**
- **You have the right to be informed and be a part of the assessment process;**
- **You have the right to be engaged with the next part of the referral process. The Local Primary Mental Health Support Service is able to make a direct referral to secondary mental health services and the Community Mental Health Team if they think you need more support. The Community Mental Health Team will carry out a full picture of your needs and if eligible, develop with you a Care and Treatment Plan.**

Part two:

Care and Treatment Plan

The Care and Treatment Plan is for people receiving secondary mental health services, such as services received through a Community Mental Health Team or in-patient service.

If you are receiving secondary mental health services, you now have a legal right to have a Care Co-ordinator (a professional who will complete the plan with you and oversee the care and treatment process) and to have a Care and Treatment Plan that you have been involved in writing. The plan will help you work towards achieving specific goals towards your recovery and is used to help decide on:

- Goals that are important to you in your recovery and wellbeing;
- The things that you personally need to do to make progress toward these goals;
- The types of services and support your team can offer to help you achieve these goals.

The plan can cover any or all of eight life areas which are: accommodation, education and training, finance and money, medical and other treatments, social or cultural and work.

Your rights:

- **To have a designated care co-ordinator;**
- **To have a Care and Treatment Plan;**
- **You have the right to play an active role in the development of your Care and Treatment Plan.**

The Care and Treatment Plan is where you can bring up anything you think is important to you and what you want out of your life and looks at ways to pursue your goals.

Hafal has produced a step by step guide to the Care and Treatment Plan, if you would like a copy please contact Hafal's publication team, T: 01792 816600.

For independent support and advice about your Care and Treatment Plan, T: 02920 540444.

Part three:

Re-assessment and re-access

If you have been discharged from secondary mental health services, but feel that your mental health is deteriorating, you now have the right to refer yourself back to the service for a re-assessment.

However, if you have been discharged from secondary services for longer than three years you will need to go back to your GP for a new assessment.

Your rights:

- ▶ You have the right to directly refer yourself to secondary mental health services without having to go to your GP first;
- ▶ You have the right to do this for up to three years since your discharge date from your specialist team.

Who to contact

You will need to contact your local Community Mental Health Team and ask for the duty team manager.

For Bridgend County Borough,
T: 01656 763000 / 754278.

If you require support or advice about re-admission call Advocacy Support Cymru, T: 029 2054 0444 who will be able to help you free of charge.

In an emergency, attend the Princess of Wales (or Neath Port Talbot) Hospital Emergency Department.



Part four:

Access to advocacy

An advocate can help you to have your say about decisions that directly affect you. They will help you understand what choices are available and get you the information you need to help make decisions right for you. Ultimately, an advocate will help make sure you are listened to and that your rights are respected.

Your rights:

You are legally entitled to be informed about the availability of support from an Independent Mental Health Advocate if you are:

- **Detained under the Mental Health Act 1983;**
- **Subject to a community treatment order or conditionally discharged;**
- **An informal patient in a psychiatric hospital;**
- **Receiving treatment for a mental health problem whilst in a general hospital.**

If you are receiving secondary mental health services through the Community Mental Health Team, receiving psychologist or psychiatrist support, or are a former service user wishing to be re-assessed, you can access a community mental health advocate by calling 02920 540444 or by visiting www.ascymru.org.uk

Mental Health Matters Wales also provide a community based mental health advocacy programme which can be accessed by calling 01656 738750.



General mental health support contacts

B-Eat Cymru (eating disorders) T: 0845 634 1414

**Bi-Polar UK (supporting people with Bipolar Disorder)
T: 01633 244244**

C.A.L.L. (emergency helpline) T: 0800 132 737

DAN 24/7 (drug and alcohol helpline) T: 0808 808 2234

Gofal (independence and recovery) T: 01656 747722

Hafal (mental health charity) T: 01656 732085

Mental Health Matters Wales

(mental health and wellbeing services) T: 01656 651450

Out of GP hours T: 0330 123 9180

Samaritans (24/7 emotional support line) T: 0845 790 9090

Saneline (out of hours support) T: 0845 767 8000

Social Services (office hours) T: 01656 642279

Social Services (out of hours) T: 01443 849944

Ty Elis (counselling services) T: 01656 786486

Youth counselling T: 01656 754920





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