



### What is a Mental Health Tribunal?

A mental health tribunal is a meeting to decide if you can leave hospital or if you need to stay for more care and treatment.



The tribunal will happen over video or in person.



There will be a panel of 3 people:

1. The Judge
2. A tribunal doctor
3. A specialist



The tribunal doctor will come and see you if you are under a section 2 of the Mental Health Act.



If you are 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 do not work for the hospital.  
They are independent.



The panel will:

- Talk to your solicitor
- Talk to the staff in the hospital
- Talk to any other professionals who are working with you such as your social worker or community team.
- Read reports written by your responsible clinician, nurse and social worker.



The panel will decide if you can leave hospital.



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.



Your advocate can support you in your tribunal.



A member of the nursing staff from the hospital will support you at the tribunal.



**What will happen at my tribunal?**

You can go to the tribunal.



Staff from the hospital will go.



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

They will tell the panel about how you have been on the ward and what care and treatment you need.



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





You can also speak at the tribunal.



Your solicitor will help you say what you want to.

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



Ask for a break if you need one or if you want to leave.

You can leave the tribunal anytime you want to.



**Do I have to go to my tribunal?**

You do not have to go to the tribunal.

The tribunal may take place without you.



**What happens after my tribunal?**

The panel will decide if you need to stay in hospital or if you can be discharged.



Your solicitor will tell you what the panel have decided.