

WHAT IF I ASK FOR A HEARING AND THEN CHANGE MY MIND?

You can change your mind any time before the hearing day.

You need to write a letter to the Tribunal and let them know why you do not want to go ahead with the Hearing.

The President decides whether to accept your decision or whether it should go ahead as planned.

USEFUL NUMBERS

Mental Health Review Tribunal

Tel: 028 9052 3388

NI Association for Mental Health

Tel: 028 9032 8474

Mental Health Commission NI

Tel: 028 9065 1157

Children's Law Centre

Tel: 028 9024 5704

This leaflet is based on information contained in the Mental Health (NI) Order 1986

ARE YOU CONFUSED OR STILL NOT SURE?

If you are uncertain about any aspect of this leaflet, or want some extra support, you can ask for an **Advocate** from VOYPIC and they will be happy to help you.

HOW DO I GET AN ADVOCATE?

- Ring 08450 742 942 and ask for the Advocacy Service or email advocacy@voypic.org
- You will talk to the Duty Advocate. They can offer you help and advice there and then
- If you need to meet someone for further support, they will put you in touch with an Advocate in your area
- It is that easy! Our Duty Advocates are there for you 9.30am-5.30pm, Monday to Thursday and 9.30am – 4.30pm on Friday



ADVOCACY LINE: 08450 742 942

9-11 Botanic Avenue, Belfast, BT7 1JG
Tel: 02890 244 888 Fax: 02890 240 679
E-mail: advocacy@voypic.org
Website: www.voypic.org



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**YOUNG PERSON'S GUIDE TO
MENTAL HEALTH
REVIEW TRIBUNALS**

PLEASE NOTE THE INFORMATION ON THIS LEAFLET WAS CORRECT AT TIME OF PRINT

WHAT IS THE MENTAL HEALTH REVIEW TRIBUNAL (MHRT)?

- MHRT is an independent body that has the power to discharge or allow people to leave hospital
- If you are being detained in hospital you can apply to them and ask for a Hearing
- The Hearing is a meeting to consider whether you can be released from hospital
- The MHRT can also recommend that you be allowed to leave hospital for a certain length of time

WHO SITS ON THE TRIBUNAL?

A MHRT has three people called members:

- a Lawyer
- a Doctor
- a lay person e.g. a Social Worker or someone from the community

The Lawyer is the President. This means s/he chairs the hearing.

WHERE IS THE HEARING?

The hearing will usually take place in a meeting room in the hospital or unit.

HOW DO I APPLY?

Either you or your nearest relative can apply for a hearing. The application can be made by writing a letter or by using the set form available from the hospital.

DO I NEED A SOLICITOR?

You can ask a Solicitor to represent you if you wish. You will not have to pay for this. The staff on your ward should have details of Solicitors who can help.

You can also ask for someone to be there to support you and help you put forward your views. This could be:

- A family member
- A friend
- An Advocate from VOYPIC

WHAT WILL HAPPEN AT THE HEARING?

The President will introduce everyone and ask questions to those involved in your treatment and care.

You and your Solicitor and/or your Advocate can ask questions and put your views across.

WHEN WILL I GET THE DECISION?

After hearing all the evidence from you and others the tribunal members will consider whether you should be discharged from hospital or whether any other measures, such as time out of hospital, are appropriate.

You will get the decision within 14 days of the hearing.

HOW OFTEN CAN I APPLY?

You can apply for a hearing once during your first 6 months in hospital. If the MHRT decide that it is better for you to remain in hospital, you can apply again:

- Once during the next 6 months
- Once a year from then on

