

**GUIDANCE ON MENTAL HEALTH TERMINOLOGY & MEANINGS**

<b>Terminology used in Mental Health</b>	<b>Meaning</b>
<b>Appropriate treatment or appropriate medical treatment</b>	<p>This means medical treatment for a mental health problem that is:</p> <ul style="list-style-type: none"> <li>• suitable for the person</li> <li>• available</li> <li>• &amp; takes into account the nature and degree of the mental health problem and the patient individual circumstances</li> </ul>
<b>Approved clinician</b>	<p>A mental health professional who has certain responsibilities related to the persons healthcare. They are approved to do this by the Department of Health (England) or by the Welsh Ministers (Wales).</p> <p>Approved clinicians may be:</p> <ul style="list-style-type: none"> <li>• doctors</li> <li>• psychologists</li> <li>• nurses</li> <li>• occupational therapists</li> <li>• social workers</li> </ul> <p>Some decisions under the Mental Health Act, such as deciding on the patient’s medication or giving permission to leave the ward or hospital, can only be taken by approved clinicians.</p>
<b>Approved mental health professional (AMHP)</b>	<p>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 mental health assessment and admission to hospital if the patient is sectioned.</p> <p>They may be:</p> <ul style="list-style-type: none"> <li>• social workers</li> <li>• nurses</li> <li>• occupational therapists</li> <li>• psychologists</li> </ul>
<b>Community treatment order (CTO)</b>	<p>If a person has been <a href="#">sectioned</a> and treated in hospital under certain sections, the responsible clinician can apply for the patient to be put on a CTO. This means that the patient can be discharged from the section and leave the MH hospital, but the patient might have to meet certain conditions such as:</p> <ul style="list-style-type: none"> <li>• living in a certain place</li> <li>• attending a named clinic or somewhere to receive medical treatment</li> </ul>

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<b>Conditional discharge</b>	<p>This is where the patient can be discharged from hospital into the community by a tribunal or the Secretary of State for Justice, but certain conditions apply. If the person breaks these conditions, they will be recalled back to hospital by the Secretary of State for Justice.</p> <p>a conditional discharge only applies when:</p> <ul style="list-style-type: none"> <li>• The person is sectioned by a court under certain sections of the Mental Health Act and they have been charged with a crime and are under a restriction order, or</li> <li>• The person is transferred to hospital from prison under the Mental Health Act and under a restriction direction</li> </ul>
<b>Detained</b>	A person is detained if they are being kept in hospital under a section and they are not free to leave.
<b>Equality Act 2010</b>	<p>This is the law that explains that reasonable adjustments need to be made for people with disabilities – it also offers information about:</p> <ul style="list-style-type: none"> <li>• what behaviour counts as unlawful discrimination</li> <li>• who has a right to challenge discrimination</li> </ul>
<b>Escorted leave</b>	This is where a patient is allowed to leave the MH ward accompanied by a member or members of the hospital staff. The responsible clinician (RC) grants permission under section 17 of the Mental Health Act.
<b>Guardianship</b>	<p>This is where someone called a 'guardian' is appointed to help the patient live as independently as possible in the community, instead of being <a href="#">sectioned</a> and detained in hospital.</p> <p>A person is placed under guardianship if their mental health problem meant that it would be difficult to avoid danger or people taking advantage of you. Your guardian has the power to make certain decisions and apply conditions that must be kept.</p>
<b>Hospital managers (also known as Mental Health Act managers)</b>	An independent team of people in a hospital who make sure that the requirements of the Mental Health Act are properly applied. They have certain important responsibilities and can make decisions related to patient's detention – for example, they can hear an application for a patient to be discharged from the section and they can make the final decision on this.
<b>Immediate care or control</b>	This means that the person is vulnerable because of their mental health problem and they need an immediate level of care or control that they are not receiving in the public place in order to keep safe and healthy.
<b>Independent mental health advocate (IMHA)</b>	<p>An IMHA is an advocate specially trained to help the patient find out about their rights under the Mental Health Act 1983 and will provide support during the time the person is detained. They can listen to what you want and speak for you. In Wales, voluntary patients can also have an IMHA. You have a right to an IMHA if you are:</p> <ul style="list-style-type: none"> <li>• detained in hospital under a section of the Mental Health Act, but not if they are detained under sections 4, 5, 135 and 136</li> <li>• under Mental Health Act guardianship, conditional discharge and community treatment orders (CTOs)</li> <li>• discussing having certain treatments, such as electroconvulsive therapy (ECT)</li> </ul>

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<b>Medical treatment</b>	<p>Under the Mental Health Act this means medical treatment that is used to relieve the signs and symptoms of the mental health condition, or to stop it from getting worse. It includes:</p> <ul style="list-style-type: none"> <li>• nursing</li> <li>• psychological intervention and specialist mental health rehabilitation (learning skills)</li> <li>• rehabilitation (relearning skills)</li> <li>• care</li> </ul>
<b>Mental disorder</b>	<p>When the Mental Health Act talks about someone with mental health problems and whether or not they should be sectioned, it often uses the term “mental disorder”. The Act defines this as “any disorder or disability of mind” (section 1).</p> <p>Mental disorder can include:</p> <ul style="list-style-type: none"> <li>• any mental health problem normally diagnosed in psychiatry</li> <li>• learning disabilities, if the disability makes the person act in a way which may seem "abnormally aggressive" or "seriously irresponsible"</li> </ul>
<b>Mental Health Act 1983 (MHA)</b>	<p>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. A person can only be detained in hospital if certain conditions are met.</p>
<b>Mental Health Act Code of Practice</b>	<p>This tells health professionals how they should follow the Mental Health Act 1983.</p> <p>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, the patient can make a complaint.</p> <p>There is both an English and Welsh Code of Practice. They are mostly identical, but have certain differences based on the fact that there are some laws which are different in England and Wales.</p>
<b>Mental Health Tribunal</b>	<p>This is a special court that deals with cases relating to the Mental Health Act 1983. The Tribunal decides whether the patient can be discharged from the 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. The court is made of a panel, which normally includes:</p> <ul style="list-style-type: none"> <li>• a legally qualified chairperson</li> <li>• a ‘lay person’ who has appropriate experience and qualifications in the area of mental health</li> <li>• an independent psychiatrist, who will speak to the patient and examine the patient before the tribunal hearing in certain circumstances, and when the patient makes a request to see them</li> </ul> <p>Where a reference is made to the Mental Health Tribunal in this guide, it means:  <i>First Tier Tribunal (Mental Health)</i>, if you live in England, or <i>Mental Health Review Tribunal</i> for Wales, if you live in Wales</p>

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<b>Nearest relative (NR)</b>	This is a family member who has certain responsibilities and powers if their relative is 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.
<b>Not kept under proper control</b>	This means that the person is vulnerable because of their mental health problem, and they need a level of care or control that they are not receiving at the time of the warrant to keep the person safe and healthy.
<b>Place of safety</b>	A locally agreed place where the police may take the person to be assessed, usually a police station or a hospital. A police station should normally only be used in an emergency.
<b>Registered medical practitioner</b>	A qualified doctor, for example a GP or psychiatrist.
<b>Remand</b>	In this context, this means that the person is sent to hospital by the court either before or after a court trial for medical examination. This is so a medical report on their mental condition can be prepared.
<b>Responsible clinician (RC)</b>	This is the mental health professional in charge of their patients care and treatment while they 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.
<b>Second opinion appointed doctor (SOAD)</b>	This is an independent doctor appointed by the Care Quality Commission in England or by the Healthcare Inspectorate Wales. Certain forms of medical treatment under the Mental Health Act 1983 need approval from SOAD to be given or continue to be given
<b>Section</b>	In this guide, being 'sectioned' means that a person can be detained in hospital under the Mental Health Act. There are different types of sections, each with different rules to keep the person in hospital. The length of time that the person can be kept in hospital depends on which section they are detained under.
<b>Section 12 approved doctor</b>	A doctor trained and qualified in the use of the Mental Health Act 1983, usually a psychiatrist. They may also be a responsible clinician, if the responsible clinician is a doctor.
<b>Supervised community treatment</b>	A patient with MH issues can be under supervised community treatment when placed under a <a href="#">CTO</a> .
<b>Voluntary patient (also known as informal patient)</b>	These are the 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. They have informal status.