

Your rights

- You have the right to:
 - be treated with dignity and respect
 - be consulted, receive information about your treatment and rights and to have your questions answered
 - treatment, support and discharge planning that is reviewed regularly
 - refuse medical treatment (with some exceptions)
 - a second opinion – you can discuss this with staff
 - contact people by mail, phone or electronically, and be visited (this right may be restricted)
 - privacy and confidentiality of your personal information
 - access your medical records (this right may be restricted)
 - safe and high level care including security of your personal belongings
 - an Interpreter
 - access the Community Visitor Program - A Community Visitor will contact you within 24 hours (1 day) of being notified of your request for a visit
 - make a complaint to your hospital, the NT Ombudsman or the Health and Community Services Complaints Commission (HCSCC)
 - have your case reviewed by the NT Civil and Administrative Tribunal (NTCAT).

The information in this brochure relates to the laws set out in the *Mental Health and Related Services Act 1998*. Information about the Act is summarised in the following set of brochures:

- Referral to hospital for an examination (Form 9)
- Voluntary treatment in hospital
- Treatment in the community
- Involuntary treatment in hospital
- Receiving treatment for a mental illness

More information is also available from <https://nt.gov.au/wellbeing/mental-health>

Northern Territory Mental Health Access Line (24hrs, 7 days)

Free call: 1800 682 288

Community Visitor Program

Free call: 1800 021 919

NT Civil and Administrative Tribunal (NTCAT)

Free Call: 1800 604 622

Health and Community Services Complaints Commission (HCSCC)

Free Call: 1800 004 474



We can book an interpreter for you

Involuntary treatment in hospital

This brochure provides you with information about what your rights are and what you can expect if you are admitted to hospital as an involuntary patient under the Mental Health and Related Services Act 1998.



Becoming an involuntary patient

If you have been admitted to hospital as an involuntary patient, it is because:

- An authorised psychiatric practitioner has said that you need treatment and care in a treatment facility; and
- there is a significant risk to yourself or another person if you do not get treatment, and
- you are not well enough to be able to make a decision about treatment, and
- treatment in the community is not an option at this time; and
- there is no less restrictive way of providing you with treatment.

An authorised psychiatric practitioner is a doctor who has been specially trained to diagnose and treat mental health disorders.

What you can expect

- You are admitted to either of the following hospitals:
 - Royal Darwin Hospital; or
 - Alice Springs Hospital.
- You will receive treatment for your mental illness in that hospital
- You will not be allowed to leave the hospital until the treatment order ends (or unless you are granted leave).
- You will not be allowed to smoke in hospital and you may need to apply for leave to be able to smoke.

Do you get a say in the treatment you receive?

- You will always be asked for your agreement before being given treatment.
- Being an involuntary patient means that, if necessary, you can be given treatment without your consent.
- Your treating team will take your wishes into account when making decisions about your treatment.
- You will be involved in developing your treatment, support and discharge plans.

Are you allowed to leave the hospital?

- You cannot leave the hospital without permission.
- If you leave without approval, the police can return you to the hospital.
- You can ask your authorised psychiatric practitioner for leave from the hospital. The authorised psychiatric practitioner may agree if this will help your recovery and it is safe for you to be away from hospital. They may also decide that you need a support person to go with you.
- The authorised psychiatric practitioner will need to check with your carer/family before agreeing for you to have leave.
- You must return to the hospital when your leave ends. If you do not, a staff member, security officer or the police can take you back to the hospital.

How long is my admission for?

- Depending on your illness, you may be admitted to hospital for up to 14 days.
- The NT Civil and Administrative Tribunal (NTCAT) will review your admission within 7 – 14 days.
- You may request an earlier review by NTCAT (staff can help you with this).
- The authorised psychiatric practitioner will examine you before the NTCAT review so that they can provide up to date information to NTCAT on the progress of your treatment.
- NTCAT will then decide whether your admission needs to be continued and for how long.

How does the involuntary admission end?

- At any time while you are a patient, the authorised psychiatric practitioner can decide that:
 - you no longer need to be an involuntary patient and you can either stay as a voluntary patient or leave the hospital, or
 - you can now receive treatment in the community on a Community Management Order.
- You must be discharged and allowed to leave the hospital if:
 - your admission order expires and is not continued, or
 - NTCAT reviews your case and decides that you no longer need to be an involuntary patient in hospital.