

**Easy read:
section 117
aftercare
support for your
mental health.**



Why do you get section 117 aftercare?



You have been in **hospital** on a section 3, 37,45A, 47 or 48 of the **Mental Health Act 1983**.



This was to **assess** and/or to **treat** your **mental health**.





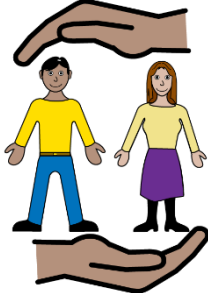

Because of this **you** have a **right to section 117 aftercare**.


What is section 117 of the mental health act?




A **mental health disorder** describes people with a mental health illness.


A **mental health illness** can affect the way you think, behave and feel.


	<p>The Mental Health Act is a law that tells people with a mental health disorder what their rights are.</p>
	<p>Section 117 of the Mental Health Act says how you should receive care and support after leaving hospital.</p>
<p>What type of care and support can you get under section 117?</p>	
	<p>Under sections 3, 37, 45A, 47 or 48 of the Mental Health Act you have the right to care and support when you leave hospital.</p> <p>This is called aftercare.</p>
	<p>Aftercare is there to help you stay well outside of hospital. Preventing you from needing to go into hospital again.</p>

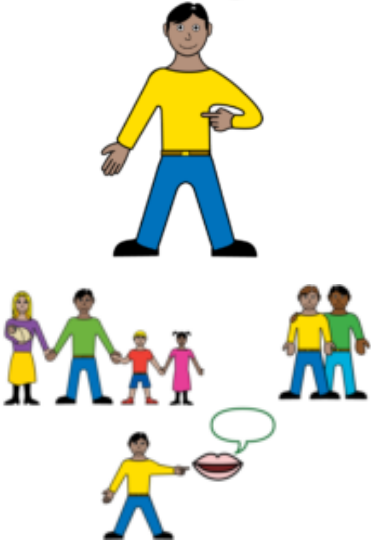




	<p>Health and social care are both responsible for providing the aftercare needed to meet your mental health needs.</p> <p>They will work with you to understand your needs and plan how to support you. This is called a care plan.</p>
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	<p>No one has to pay for section 117 aftercare to keep your mental health well.</p> <p>It is free as long as needed.</p>
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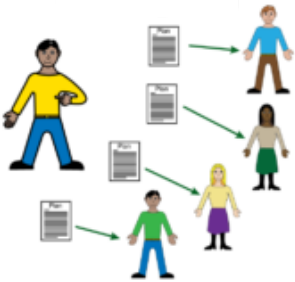
Your care and support plan.

	<p>Whilst you are in hospital a care plan will be made.</p> <p>This plan will make sure all the care and support you need is ready for you when you leave the hospital.</p>
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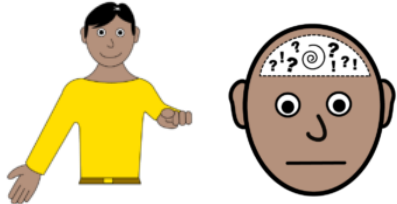
	<p>A planning meeting, sometimes called a 117-discharge meeting will be held as soon as possible.</p> <p>This meeting will make sure everything is ready when you are able to leave hospital.</p>
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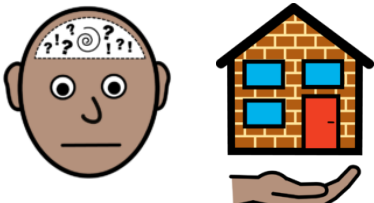
	<p>This meeting is about you and your care.</p> <p>You can have others at this meeting.</p> <p>For example: Family A friend Carers An advocate (someone you have chosen to explain your views and wishes such as, your carer or a member of your family). People involved in your care.</p>
	<p>Together, we will work on your care and support plan.</p>
	<p>Your care and support plan will show:</p> <p>What you need help with to stay well.</p> <p>How we can help you to stay well.</p> <p>Who will help you stay well.</p>
	<p>We will also agree with you when to review your care and support plan.</p>
	<p>As it is based on your needs your care and support plan is personal to you.</p>


	<p>It is important that you are involved in writing your care plan. You should sign the plan, and you should have a copy of it.</p>
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	<p>You can choose who to share your plan with.</p>
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Your care plan may include:

	<p>What you can do to look after your mental health and how health and social care can support you.</p>
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	<p>Where you live, such as special accommodation to meet your mental health needs.</p>
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	<p>The treatment you will get, such as medication, talking therapy (like counselling), or professional support from a social worker, nurse or anyone involved in supporting you to stay well in the community.</p>
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	<p>The structured activities you can do during the day.</p>
	<p>The help you can get for things like managing your money, getting a job, or studying.</p>
<p>What happens if you start to feel unwell again?</p>	
	<p>The care plan will tell people how to get extra support for you if you start to feel unwell. This may be called a contingency plan or relapse plan.</p>
	<p>Your plan will also say what to do if your mental health changes and you become unwell again.</p> <p>This may be called a crisis or emergency plan.</p>
	<p>You know yourself best, so it is important that you are involved in writing your relapse or contingency plan.</p>

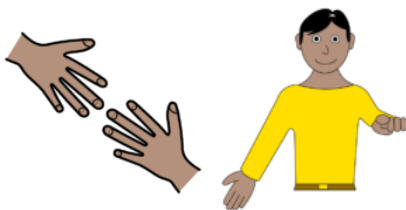
What should your relapse or contingency plan include?



What can make you unwell. This can help us to **prevent a crisis**.



What **you**, your **family**, **other care staff** and your **community support team** can do to **help** with any **issues**.



What **helps you**? This could be **more support**, **reviewing your medication**, **staying with family**, having **crisis support**.



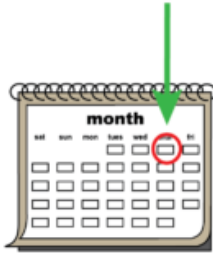
Who **you want** to be **contacted** if you need to **go into hospital**. For example, who you want to look after your pet.

Reviewing your care plan.



Your **Care Plan** must be **reviewed** at least **once a year**.

This should **involve you**, your **carers** and **family**, and the **people involved** in your **care**.



If things **change** and you need to **review your plan sooner**, you can **ask your keyworker** to arrange a review **at any time**.

What will you discuss at your review?



What in your **care and support plan** is **helping you stay well**.



What in your **care and support plan** is **not helping you stay well**.

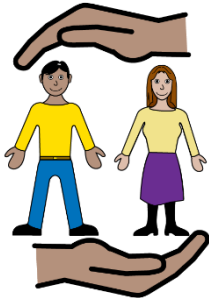


Any **changes** that are **needed** in your **care and support plan**.



If you **still need** section 117 **aftercare** to keep you **well**.

Does section 117 aftercare end?



Even if you are **doing well**, we know that you **may still need aftercare to stay well.**

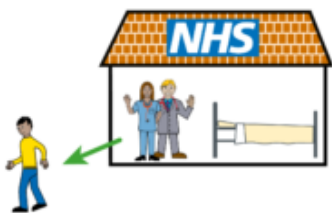


Any decisions to **end section 117 aftercare must involve; You, your carers and family, your advocate, the people involved in your care.**

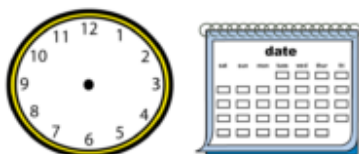


You will be **sent a letter to explain any decisions that are made.**

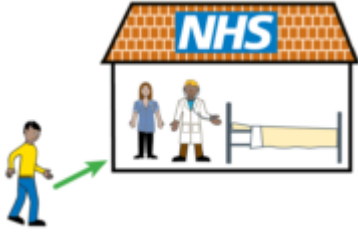




Aftercare **CANNOT** be ended because:-



You have been **discharged from specialist mental health services**, such as a community mental health team (CMHT) or learning disability team.



A certain **length of time has passed** since you **left hospital.**

	<p>You agree to go back into hospital under section 2 of the Mental Health Act.</p>
	<p>Your community treatment order (CTO) ends.</p>
	<p>You refuse aftercare services.</p>
<p>care</p> 	<p>The aftercare you need is not currently available.</p>
<p>If you need more information.</p>	
	<p>Ask your keyworker for help to understand how section 117 affects you.</p>



These links may also be helpful:

[The Mental Health Act and section 117 aftercare](#) – from Mental Health and Money Advice

[Section 117 aftercare](#) – from Mind

[Section 117 aftercare](#) – from Rethink

[Mental health aftercare](#) – from NHS

[Inpatient mental health care: a guide for young people](#) – from YoungMinds

[Being sectioned](#) – from The Mix

[The Mental Health Act Code of Practice](#) – 'Aftercare planning' section starts at on page 358

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