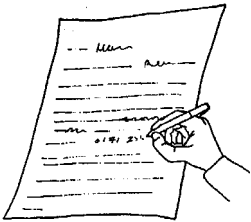


Making an appeal

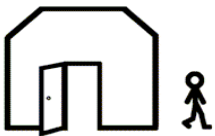


If you don't want to stay in hospital, you can ask for help. This is called an appeal.

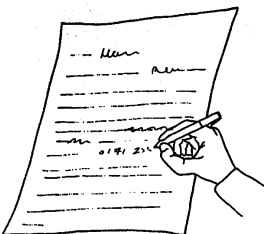
You can appeal to the Mental Health Review Tribunal or the Hospital Managers.



You or a relative can write a letter to the Mental Health Review Tribunal or the Hospital Managers.



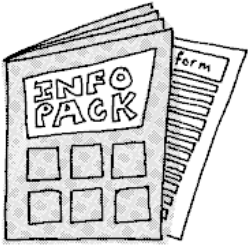
You can ask them to review your care.



You will find the addresses at the end of this leaflet.



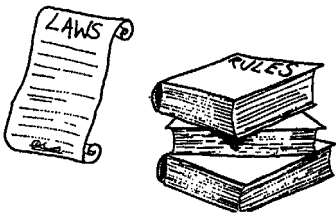
The Mental Health Review Tribunal or the Hospital Managers will ask your doctor, your care-co-ordinator and nurse for a report.



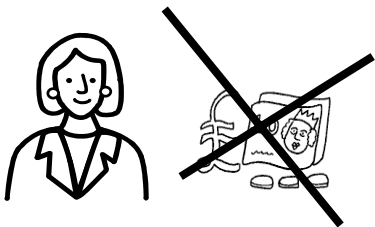
If you need help to write a letter look at the leaflet called **Help**.



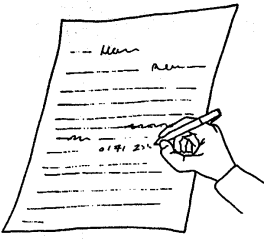
If you appeal to the Mental Health Review Tribunal you will be given a solicitor to help you.



A solicitor knows about the law.



You will not have to pay to get help from a solicitor.



You can write to the Mental Health Review Tribunal once during your first 6 months in hospital and again if your section is renewed.

You can write to the Hospital Managers at any time.

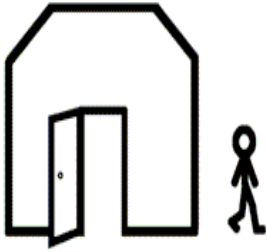


People from the Mental Health Review Tribunal or the Hospital Managers will come to talk to you.

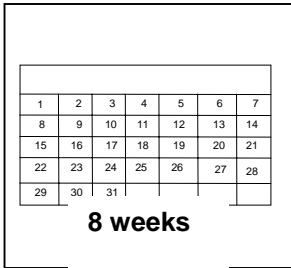
People from the Mental Health Review Tribunal will talk to your family and solicitor if you want them to.



If you apply to the Mental Health Review Tribunal a different doctor will come to see you.



All the people from Mental Health Review Tribunal will meet to decide if you can leave hospital.



The Mental Health Review Tribunal will meet before the end 8 weeks after receiving your letter.

The Hospital Managers can meet at anytime.



Mental Health Review Tribunal
5th Floor
11 Belgrave Road
Victoria
London
SW1V 1RS

The Hospital Managers
The Pendered Centre
Princess Marina Hospital
Upton
Northampton
NN5 6UH