



Section 117 Aftercare



This document was made by:



Introduction

This leaflet tells you if you can get help and support (aftercare) under section 117 of the Mental Health Act 1983.

Key points about section 117 aftercare services:



- Aftercare is the help and support you get when you leave hospital
- Section 117 is the part of the law that gives you free aftercare when you leave hospital, for support or services for your mental illness



- Section 117 aftercare services help to stop people becoming unwell again and having to go back to hospital for their mental illness

- Your illness might affect you in different ways

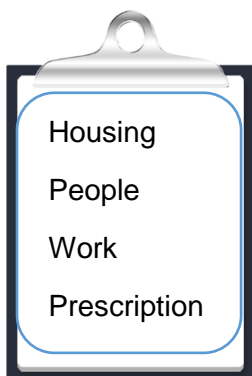
- Your aftercare will help you with your needs

- Your section 117 aftercare services will be provided by the National Health Service (NHS) and Social Services



- You may get things like:

- Special housing
- Help to meet other people
- Help with work or education
- Free prescriptions for mental health medicines





Who can get section 117 aftercare?

Some people who have been in hospital under the Mental Health Act 1983 can get free health and support when they leave hospital. We call it aftercare.

Section 117 of the Mental Health Act 1983 is the part of the law that gives this right to free aftercare.

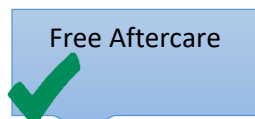
We call it section 117 aftercare.



Free section 117 aftercare is only available for some parts (sections) of the Mental Health Act.

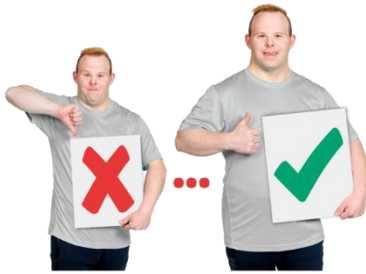
You can get free section 117 aftercare if you have been in hospital under these sections of the Mental Health Act 1983:

- Section 3
- Section 37
- Section 45 A
- Section 47
- Section 48
- Section 17 A – If you are placed on a Community Treatment Order (CTO) after leaving hospital



You cannot get free section 117 aftercare if you have been in hospital under any of these sections of the Mental Health Act 1983:

- Section 2
- Section 4
- Section 5
- Section 38



- Aftercare services help to stop people becoming unwell again and having to go back to hospital for their mental illness.

What happens if I am not ready to go home and want to stay in hospital?

If you have been told you can leave hospital (we call this being discharged) from the Mental Health Act 1983 under the sections below, you can get free aftercare services:

- Section 3
- Section 37
- Section 45 A
- Section 47
- Section 48

But, if you don't feel ready to go home yet, you can decide to stay in hospital.

This is called being an 'informal' patient – you don't have to stay; you have chosen to stay.

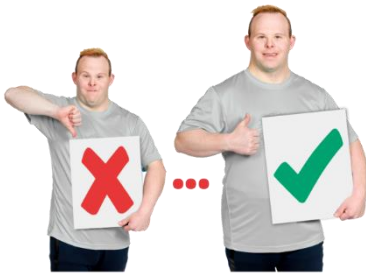
You will still get free aftercare services. They will start when you leave the hospital.

What happens if I go back to hospital?

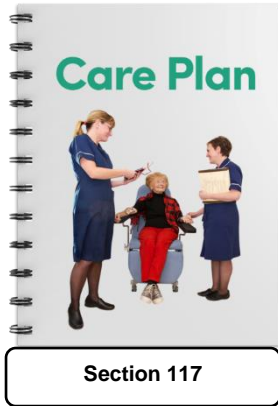
If you go back into hospital your section 117 aftercare will not end.

Some people worry that their aftercare might end if they have to go back into hospital in the future for mental illness. This will not happen.





We may look at your aftercare service and support to see if we can improve it to give you more help to stop you having to go back into hospital again.



How does section 117 aftercare start?

Planning for your aftercare starts soon after you go into hospital.

This is to make sure that the care and support you need is ready for when you leave hospital.

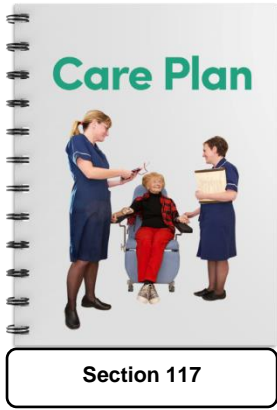
Who will be involved in my section 117 aftercare?

A meeting will be held to plan your section 117 aftercare with the following people:

- You
- Your family or carer, if you want them to be there
- The team supporting you on the ward
- Your named practitioner, this is the person who is in charge of your care and treatment



If you find it hard to say how you feel or you are confused about what is happening, you can also ask for an Independent Mental Health Advocate (IMHA) to help you to speak up and understand what is happening.



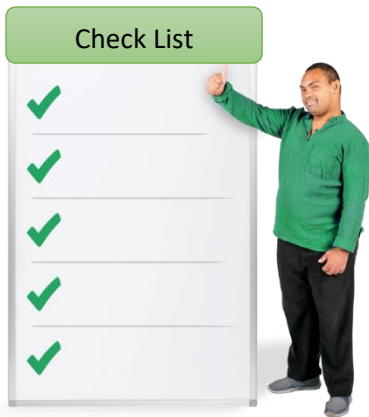
What will happen at the section 117 aftercare meeting?

Everyone will look at what help and support you need.

A care plan will be written to say:

- What support you will get
- Which services you will get
- Who will arrange this

You and your family or carer can have a copy of the care plan.



The law says that the NHS and Social Services have to provide aftercare services.

The people who are named in your care plan must make sure that everything is ready by the time you leave hospital.

When you leave hospital, the care plan will start.

When does my section 117 aftercare end?

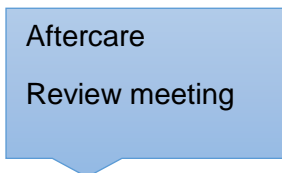
Your aftercare service will only stop when you don't need it any more for your mental illness.

The NHS and Social Services have to give you aftercare for as long as you need it.

Even if you are doing well outside of hospital, you might still need aftercare services to help you stay well.

Section 117 aftercare must be looked at often to make sure it meets all your needs; we call these review meetings.

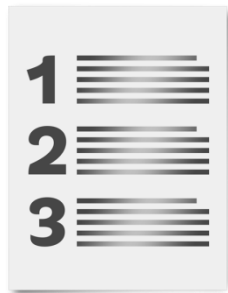
You will be invited to come to the review meetings and bring a family member or carer if you want.



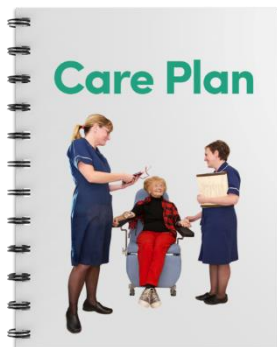


Rules about when section 117 aftercare should not end:

There are rules about when aftercare should not be taken away. This is when:



- You have left a specialist mental health service like a Community mental health team
- Some time has passed since you left hospital
- You decide to go back into hospital as an 'informal' patient or under Section 2 of the Mental Health Act 1983
- Your Community Treatment Order ends
- You refuse aftercare services



What kind of things are included in aftercare?

Section 117 aims to:

- Meet a need that comes from your mental illness
- Help stop your mental illness getting worse

Lots of different aftercare services and needs can be looked at.

These are things like:

- Healthcare
- Social care
- Medication
- Help with jobs
- Supported or independent living
- Any other support needed for your lifestyle or needs





Services can be paid for by:

- Direct payments
- Personal Health Budget

More information:

What to do if you have a problem with section 117

If you have a problem with section 117, talk to your Named Practitioner, this is a Doctor or Specialist.

If you do not have a Named Practitioner, you can talk to your main contacts in the NHS and Social Services.

Advocacy:

If you need support, an advocate can help you to speak up.

If you are held under the Mental Health Act 1983 or if you have a Community Treatment Order (CTO), you can get help from an Independent Mental Health Advocate (IMHA)

How to contact an IMHA:

By phone: 01905 27525

By email: accesshub@onside-advocacy.co.uk

If you can't get help from an IMHA, you might still be able to get help from Onside Advocacy.

How to contact Onside Advocacy:

By phone: 01905 27525

Email: accesshub@onside-advocacy.co.uk





Complaints:

If you want to make a complaint about your care, you should contact the Patient Advice and Liaison Service:

By Phone: 01905 681517

By email: WHCNHS.PALS@nhs.net



If you are not happy with the way your complaint has been dealt with, you may be able to complain to the Health Service Ombudsman.

The Ombudsman is an official who can look into and make a final decision on complaints that can't be sorted out by the NHS in England.

It is a free, independent service. See the contact number below.

Health Service Ombudsman helpline:

0345 0154033

If you have any other questions, please contact the Patient Relations Team:

Patient Relations Team

Herefordshire and Worcestershire Health and Care NHS Trust

2 King's Court

Charles Hastings Way

Worcester

WR5 1JR

Telephone: 01905 681517

Email: WHCNHS.PALS@nhs.net





Feedback:

We want to know what you think about our services.

We want to know if you have something good to tell us about or you have a complaint or if there is anything else that you are worried about.

If you want to know more about us or need information in a different language or in a different way

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We have useful information about mental health and wellbeing on our website:

www.hacw.nhs.uk

