



Moving out of hospital or assessment and treatment unit

How do you make the decision to move?



If you are on a section of the mental health act, your team will make decisions about whether you move.

You do not get to choose when to move.



This can be really hard for people.

It is hard to not feel in control of your life.

Everyone will help to make decisions about the best place for you to move to.



You should move somewhere that meets your needs.

Who might be involved?



A **Responsible Clinician** will be involved - usually this is a doctor.

When you have finished your sentence / treatment you will be able to leave prison.



Social Worker

A social worker might help with sorting out:

- Where you live
- How much support you get (this is often called a **support package**. This means how many hours of support you will get, and what this is for).
- Working out how the support you get is paid for.



<https://www.mencap.org.uk/advice-and-support/social-care>



You family and friends might help you to make decisions about where you could move to.

Advocate

An **advocate** is someone who helps people to speak up for themselves.



Some people find that they can get confused or worried in meetings.

An advocate can help out by making sure that your viewpoint is heard.



An **Independent Mental Capacity Advocate** could help.

[easy-read-imca-012018.pdf \(awp.nhs.uk\)](#)



You might meet people from the mental health team in the community.





How long might it take?



There is no set time for how long it can take. This will be different for everyone who is moving.

It is important that the right place is found for you so that you are happy. This can take time to find.



Sometimes you might have different services come and meet you.

They try to find out if they are the right people to support you.

Sometimes they decide “no”.



It can take several months to move or for some people it may take years.

It can be frustrating having to wait so it is important you look after yourself during this time. The Making Positive Moves website has some helpful ideas to look after yourself whilst waiting