

Looking at the Mental Health Act between 2022 and 2023

March 2024



Easy read version of 'Monitoring the Mental Health Act in 2022/23'

About this booklet



We are the Care Quality Commission. We check services like hospitals and care homes to make sure they give good care to people.



We also check that health staff follow a law called the **Mental Health Act**. This law helps decide if a person with a serious mental illness needs to be kept and treated in a hospital.



This booklet looks at what we found out about the treatment of patients kept in hospital under the Mental Health Act in 2022 and 2023.

What we did



We spoke to 4,515 patients and 1,200 carers.



We also spoke to staff who were caring for these people in hospitals.



We want to say thank you to everyone we spoke with. Talking to them has helped us write this booklet.

Mental health staff



Some of the wards we visited needed more doctors and nurses.



This can make wards less safe for patients and staff.



It means patients might be treated by lots of different doctors and nurses who do not know them very well.

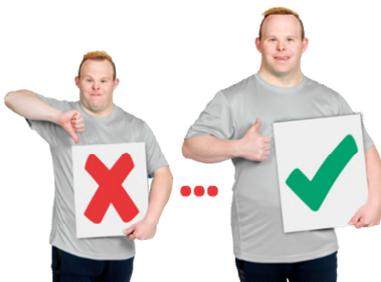


Some patients were worried about staff feeling stressed.

People being treated fairly



Black people are still more likely than White people to be kept in hospital under the Mental Health Act.



To change this, the NHS is asking staff at all its mental health hospitals to make things fairer.



We are also worried about autistic people and people with a learning disability being kept in hospital because they cannot get the care they need at home.



At some hospitals, staff supported religious patients, like going with them to a local mosque to pray.

Children and young people

Children and young people are waiting a long time for help with their mental health.



There are not always enough beds on mental health wards for children and young people.



This means children and young people might be treated on a different type of ward, like a ward for adults.



Sometimes, children and young people have to stay in a hospital that is far away from where they live.



How mental health hospitals are run



Patients should not be made to do things they do not want to do unless it is to keep them safe.



Doctors and nurses are looking for ways to give patients choices and treat them with respect.



In some hospitals, patients were listened to and allowed to make decisions about their care.



But there is a lot more work to be done to make sure this always happens.

Find out more



You can see the full version of our report on our website at:

www.cqc.org.uk/mhareport.



If you want to give feedback on your care – it can be good or bad – fill out our form at:

www.cqc.org.uk/givefeedback.



Or you can call us on:

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