Mental Health Review Tribunal

This easy read information sheet is about the Mental Health Review Tribunal.

The Mental Health Review Tribunal has been set up by the government.

Their job is to make sure you get the mental health treatment that you need.

Treatments are things that can help you to feel better.

A tribunal is like a court that can make decisions about people.

The Mental Health Review Tribunal is a group of people who know a lot about mental health treatment and the law.

The Mental Health Review Tribunal can make rules about your mental health treatment.
People at a mental health review tribunal meeting

Your Mental Health Review Tribunal meeting usually happens at the hospital where you are staying.

It might take place somewhere else if you are not in hospital.

The people from the Mental Health Review Tribunal usually meet with you using video.

The Mental Health Review Tribunal usually has

- a lawyer
- a psychiatrist and
- 1 other person

A lawyer is someone who knows about the laws and government rules in Australia.
A **psychiatrist** is a doctor who helps people with their mental health.

A doctor from the hospital who knows you comes to the meeting.

You should have someone else to come with you to the meeting.

This is usually a lawyer.

If you do not want a lawyer, you can ask someone else if the Tribunal says it is OK.

They can talk for you or support you to talk yourself.

If you want someone to talk for you then you need to check with the Mental Health Review Tribunal at the start of your meeting.
You can also have someone you trust come with you to the meeting.

This could be
- a family member
- a friend
- a support person
- a health worker

You can wear your own clothes to the meeting.
What happens at the Mental Health Review Tribunal meeting

The Tribunal asks questions about your mental health.

The Tribunal might ask you to answer questions.

Or they might ask the person you have asked to speak for you.

The Tribunal also reads reports about your mental health from your doctors.

They might ask your doctor questions.
The Tribunal might also ask your family or support people questions.

The Mental Health Review Tribunal tells you what they think is the best mental health treatment for you.

The Tribunal can make decisions about whether you have to stay in hospital.

There are easy read information sheets about staying in hospital as

- a voluntary patient or
- an involuntary patient or go to

The Mental Health Review Tribunal can make decisions about what treatment you must have to be able to stay out of hospital.

This is called a **Community Treatment Order**.

A Community Treatment Order is called a **CTO** for short.

A **CTO** is a plan for you to get your mental health treatment in the community without having to stay in hospital.

You must follow the rules in the plan.

There is an easy read information sheet about **Community Treatment Orders** or go to www.3dn.unsw.edu.au/projects/easyread.
Appeals

Sometimes you might think decisions about your mental health are wrong.

You have the right to appeal a decision.

An appeal means you ask the Mental Health Review Tribunal to have another meeting.

There are people who can help you if you want to appeal.

You can talk to someone you trust.

That may be

- a family member
- a friend
- a support person
- a health worker
You can talk to the Mental Health Advocacy Service.

They can give you advice about mental health and the law.

The Mental Health Advocacy Service phone number is 9745 4277.

You can call the Way Ahead mental health information line.

They give information about your rights.

The phone number is 1300 794 991.

You can get more information on the Mental Health Review Tribunal.

Go to their website www.mhrt.nsw.gov.au/the-tribunal

Their phone number is 1800 815 511.
There is a list of what some **words** mean in this information sheet **here** or go to **www.3dn.unsw.edu.au/projects/easyread**.
Easy read information on public mental health services in New South Wales

The NSW Mental Health Act- The Mental Health Review Tribunal

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This information sheet is part of a series of easy read resources explaining

- how people can access public mental health services in New South Wales and
- what they can expect.

For information on how to support people to use easy read see
Making mental health information accessible for people with intellectual disability – A Toolkit

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