



Looking at the Mental Health Act between 2021 and 2022

December 2022



Easy read version of 'Monitoring the Mental Health Act in 2021/22'

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 them decide if a person with a serious mental illness needs to be kept and treated in hospital.



This booklet looks at what people told us and what we found out about the treatment of patients kept in hospital under the Mental Health Act in 2021 and 2022.

What we did



In 2021 and 2022, we spoke to 2,667 patients and 726 carers in more than 600 hospital wards.



We also talked to people working in hospitals.



We want to say a big thanks to these people for talking to us about their lives. This has helped us write this booklet.

What we are worried about



There are lots of healthcare jobs that are not getting filled by staff.



This means patients might not be getting the care they need and could mean they are not being kept safe.



It also means patients are less likely to be able to make decisions about their care.



They have been doing fewer activities and plans for some of them to leave the hospital have been stopped.



This means that patients are more likely to feel angry and annoyed, which could affect the safety of other patients and staff.



Many hospitals do not have enough beds for people who need help, especially for children and young people.



This means children are ending up in general hospital wards that are not set up for their needs.

Making sure people are treated fairly



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



We want this to change and are worried that not enough is being done.



Some hospitals are improving but more work needs to be done to make sure people feel respected and safe.

Improving hospital wards



Lots of hospital wards need to be updated or repaired.



We have seen that hospital wards that have been updated and changed to meet people's needs help patients and staff feel happier.



However, on lots of hospital wards, patients cannot eat together and there are not enough spaces with locks for people to keep their personal things safe.



Hospital wards are often noisy and bright, which can make it difficult for people to get better and can cause problems for autistic people and people who use hearing aids.

More support for patients



We think it is important that patients who are kept in hospital have support from people who are trained in the Mental Health Act.



We welcome plans to increase this support.



We are also pleased to see that some health services are working to make sure patients can be as independent as possible.



Find out more



See the full version of our report on our website at:

www.cqc.org.uk



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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