

## Having a visit from an Approved Mental Health Professional

### **What is an Approved Mental Health Professional?**

This is a person who helps people with their mental health. Sometimes people call Approved Mental Health Professionals “AMHPs” for short

One of the ways they help people is to do a **mental health assessment**.

### **What is a mental health assessment?**

This is a way to check if you need help with your mental health.

### **What is the Mental Health Act?**

The **Mental Health Act** is a law that says doctors and AMHPs need to keep you safe and respect your rights.

**Rights** are things you are allowed to do. You have the right to be listened to, treated fairly and with respect.

Everyone has rights. Your rights are important. But so are everyone else's

### **What happens during a mental health assessment?**

The Approved Mental Health Professional will talk to you and your family or carer.

They will ask questions you about your feelings, thoughts and behaviours. They will check if you are upset and work out how to help you feel better.

## What happens after the assessment?

The Approved Mental Health Professional will decide how best to help you. This might be:

- Staying at home
- **or**
- Going into hospital

You may have to go into hospital when you don't want to. This is called being **'sectioned'**. **Sectioned** is when you are kept in hospital to keep you or other people safe. Hospital staff will look after you until you are better.

Everything will be explained to you.

Do **you** have any questions?

You might like to ask:

If I have to go to hospital, which hospital will I go to?

What can I take with me if I go to hospital?

If I stay at home, will anybody help me with my mental health?

Or something else.

You can ask any question you like.

The Approved Mental Health Professional will give you quiet time to think of any questions you want to ask.