

Looking at the Mental Health Act between 2020 and 2021

January 2022



Easy read version of 'Monitoring the Mental Health Act in 2020/21'

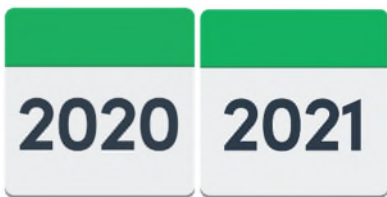
About this booklet



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 2020 and 2021.

Covid-19

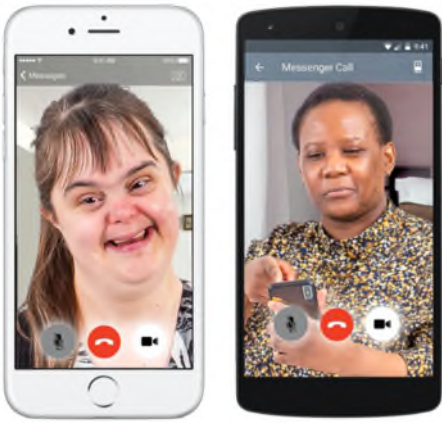
Between 2020 and 2021, staff and people using mental health services were dealing with an illness called Covid-19 which made a lot of things difficult.



Sadly, a lot of people died of Covid-19.



But we have talked to patients, carers and staff who said that they are thankful that a lot of people worked hard to help each other.



Some things even improved because of this, like using technology like video calls to talk to friends and family.



We were also happy to see some examples of good, person-centred care throughout the year, which is very important.



This happens when patients are involved in planning and making decisions about their own care.

What we are worried about



Because of Covid-19, staff working in hospitals are now tired and stressed.



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



This increases the danger that patients may not be supported in a safe, caring way that helps to protect their human rights.



We are worried that Covid-19 has had a bad effect on the mental health of children and young people.



There has not always been enough support in the communities where people live to meet children and young people's mental health needs.



This has meant that their mental health has got worse.



When children and young people have got very ill, there has not always been the right place for them in a hospital.



We are also worried that Black people are more likely than other groups of people to be kept in hospital under the Mental Health Act.



They also spend longer in hospital.



This needs to be looked into by local health and care organisations with Black people in each area to make improvements.



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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