

# WHY AM I HERE? HOW LONG DO I HAVE TO STAY?

1.

## How did I get here, against my own will?

When you were brought here, your behavior posed a grave threat to your own and others' life, safety and health. This is what is defined as "directly threatening behavior" by the law. Had you not been given immediate help, your condition would have deteriorated further.

2.

## Why do I have to stay here when I want to leave?

You should stay here until your behavior is not deemed dangerous for yourself or others any more. In this case, you will receive treatment aimed at stopping your dangerous behavior. In your own interests, we notify the court of your hospitalization within 24 hours of your admission. The judicial procedure (judicial review) takes place within 72 hours from such notification. This is aimed at the court's deciding whether or not you will need to stay here.

3.

## How can I get prepared for the judicial procedure (judicial review)?

The review is always preceded by your being examined by a forensic medical expert. This specialist and your helper may be present at the examination. Your helper may be your legal representative (guardian), your supporter, the patients' rights representative (whose contact details are available at the department of psychiatry), your lawyer or any other person whom you trust. The participation of a medical doctor from the hospital, the judge, and if you do not have a helper, a court-appointed guardian ad litem will be compulsory at the judicial review. The guardian ad litem should contact you before such review.

4.

## Why is it very important to take part in the judicial review?

The review usually takes place here, at the hospital. This is very important for you, as it is here that it is decided whether your hospitalization and compulsory psychiatric treatment have been justified.

5.

## When can I leave the hospital?

At the judicial review, a decision will be made on whether you can leave or you have to stay. If you have to stay, you are entitled to lodge an appeal immediately, in a verbal form, during the review, or you can do so within 8 days, in a written form. This does not mean that you can immediately go home, you should wait for the decision regarding your appeal. Irrespective of this, the judge will come to the hospital every 30 days and will check whether there has been any change in your condition. On such occasions, you will be examined and heard again. If your condition changes for the better, which will be established by your therapist, you will be released earlier than in 30 days. If you have to stay and you leave the hospital without permission, you may be taken back to the department of psychiatry by the police. If the decision is that you can leave, you will be discharged from the hospital within 24 hours the latest.

6.

## May I notify my family about my whereabouts?

Yes. You may keep contact with your family. You will find a description of how you can do it in the **house rules** of the department of psychiatry, which you can read any time.

# Get well soon!

