

In the case of involuntary psychiatric treatment, the patient is admitted to receive treatment without the consent of the person or his or her legal representative or the treatment of the person is continued regardless of his or her wishes (Mental Health Act RT I 1997, 16, 260). The main aim of involuntary psychiatric treatment is to provide health care to persons who may not always understand the need for it because of their mental illness.

Involuntary psychiatric treatment is allowed in the following cases:

- ❖ the patient has a severe mental disorder that limits their ability to understand or control their own behaviour;
- ❖ without in-patient treatment, the person endangers the life, health or safety of himself or herself or others due to a mental disorder;
- ❖ other psychiatric care is not sufficient.

Organisation of involuntary psychiatric treatment:

- ❖ on arrival at the hospital, the doctor on call will carry out a medical examination and decide whether involuntary psychiatric treatment is necessary;
- ❖ the doctor on call will inform You and, if possible, your family members or legal representative of the treatment decision within 12 hours of the decision;
- ❖ within 24 hours at the latest, another psychiatrist will reassess Your condition. If there is still a need for further involuntary psychiatric treatment, the psychiatrist will draw up an opinion and the relevant documents will be sent to the Harju County Court;
- ❖ involuntary psychiatric treatment may continue for more than 48 hours only with the authorisation of a court and on the basis of a court order;
- ❖ within four days of Your admission to hospital, a judge will come to interview you and decide on the duration and necessity of the treatment. A copy of the court order will be given to You against signature as soon as possible;
- ❖ the attending psychiatrist will regularly assess Your condition and, depending on any changes in your health, give an opinion on the extension or discontinuation of involuntary treatment;
- ❖ the opinion of the attending psychiatrist on the need to extend involuntary treatment is sent to the court and to the local municipality of your place of residence;
- ❖ if Your health has not improved, the court has the right to extend the period of involuntary treatment;
- ❖ You may not discontinue assessment or treatment or leave the hospital while You are receiving involuntary treatment;
- ❖ if You leave involuntarily treatment without permission, the police will be informed and will take You back to treatment.

Restrictions on rights of persons under involuntary treatment:

- ❖ in involuntary treatment, you are subject to certain restrictions under the Mental Health Act and the internal rules of the psychiatric hospital;
- ❖ the internal rules of the psychiatric department and the rights and restrictions that they entail will be explained to You by a nurse or caregiver of the department;
- ❖ the restrictions cover the possession of personal clothing and belongings, making phone calls, smoking, etc. In the case of involuntary treatment, You can only leave the psychiatric department if accompanied by staff. Personal clothes and items taken into storage will be returned to You when You leave the hospital.

Under involuntary treatment, You have the right to:

- ❖ receive comprehensive information about Your health, treatment options, and outcomes in a language you understand;
- ❖ meet with people close to You or Your legal representative. The duration of such meetings will be decided by the attending physician based on Your state of health;
- ❖ make complaints and suggestions and express thanks about the quality of the clinic's services. Complaints, suggestions, or thanks are submitted on the relevant form and placed in the complaints and suggestions box marked accordingly;
- ❖ have a court-appointed lawyer who will come to the hospital to talk to You if necessary and You also have the right to contact Your lawyer by phone;
- ❖ lodge a complaint with the Health Board, the Health Insurance Fund, or the Expert Committee on the Quality of Health Care Services.

References: 1. Mental Health Act 2. [Rights and obligations of the patient](http://www.regionaalhaigla.ee) (www.regionaalhaigla.ee > For patients)