

Section 117 aftercare

Easy Read

Why do you get section 117 aftercare?



You have been in **hospital** on a section 3, 37, 45A, 47 or 48 of the Mental Health Act 1983.



This was to **assess** and/or to **treat** your **mental health**.



Because of this **you** have a **right** to **section 117 aftercare**.

What is section 117 of the mental health act?



A **mental health disorder** describes people with a mental health illness.



A **mental health illness** can affect the way you think, behave and feel.



The **Mental Health Act** is a **law** that tells people with a **mental health disorder** what **their rights** are.



Section 117 of the **Mental Health Act** says how you should **receive care** and **support** after leaving hospital.

What type of care and support can you get under section 117?



Under sections 3, 37, 45A, 47 or 48 of the **Mental Health Act** you have the **right to care and support** when you **leave hospital**. This is called aftercare.



Aftercare is there to help you **stay well** outside of hospital. **Preventing** you from needing to **go into hospital again**.



Health and social care are both **responsible** for providing the **aftercare** needed to meet your **mental health needs**.



They will **work with you** to understand your needs and **plan** how to **support you**. This is called a care plan.



No one has to **pay** for section 117 aftercare to keep your mental health well. It is **free as long as needed**.

Your care and support plan



Whilst you are **in hospital** a **care plan** will be made.



A **planning meeting**, sometimes called a **117- discharge meeting** will be held **as soon as possible**. This meeting will make sure everything is **ready** when you are able to **leave hospital**.



This meeting is about **you and your care.**

You **can** have **others** at this **meeting with you.**

For example:

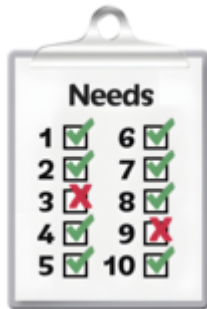


- **Family**
- **A friend**
- **Carers**
- **An advocate** (someone you have chosen to explain your views and wishes such as, your carer or a member of your family).
- **People involved in your care**



Together, we will work on your **care and support plan.**

Your **care** and **support plan** will show:



- **What** you need help with to **stay well**.
- **How** we can help you to **stay well**.
- **Who** will help you **stay well**.

We will also **agree** with **you** when to **review** your **care** and **support plan**.



As it is based on **your** needs your care and support plan **is personal to you**.



It is important that **you are involved** in **writing** your **care plan**. You should **sign** the plan to show **you agree with it**, and you should have **a copy** of it.

Your care plan may include



What **you** can do to **look after** your **mental health** and how **health and social care** can support you.



Where you live, such as **accommodation** to meet your **mental health** needs.



The **treatment** you will get, such as **medication**, **talking therapy** (like counselling), or **professional support** from a **social worker**, **nurse** or **anyone involved in supporting you to stay well in the community**.



The structured **activities you can do** during the day.



The **help** you can get for things like **managing** your **money**, getting a **job**, or **studying**.

What happens if you start to feel unwell again?



The **care plan** will tell people how to **get extra support** for you if you **start to feel unwell**. This may be called a **contingency plan** or **relapse plan**.



Your plan will also say **what to do** if your **mental health changes** and you become **unwell** again. This may be called a **crisis or emergency plan**.



You **know yourself best**, so it is important that **you are involved** in **writing** your **relapse or contingency plan**.

What should your relapse or contingency plan include?



What can make you unwell. This can help us to **prevent a crisis**.



What **you**, your **family**, **other care staff** and your **community support team** can do to **help** with any **issues**.



What **helps you**? This could be more **support**, **reviewing** your **medication**, **staying** with **family**, having **crisis support**.



Who **you want** to be **contacted** if you need to **go into hospital**. For example, who you want to look after your pet.

Reviewing your care plan



Your **care plan** must be **reviewed** at **least once a year**. This should **involve you, your carers and family**, and the **people involved in your care**.



If things **change** and you need to **review your plan sooner**, you can **ask your ask someone who supports** you to arrange a review **at any time**.

What will we discuss at your review



What in your **care and support plan** is **helping you stay well**.



What in your **care** and **support plan** is **not helping you stay well**.



Any **changes** that are **needed** in your **care** and **support plan**.



If you **still need** section 117 **aftercare** to keep you **well**.

Does section 117 aftercare end?



Even if you are **doing well**, we know that you **may still need aftercare to stay well**.



Any decisions to **end section 117 aftercare must involve; you, your carers and family, your advocate, and the people involved in your care.**



You will be **sent a letter to explain any decisions** that are **made**.

Aftercare **CANNOT** be ended because:



You have been **discharged** from **specialist mental health services**, such as a community mental health team (CMHT), and/or the Community Learning Disabilities Team.



A certain **length** of **time** has **passed** since you **left hospital**.



You go **back into hospital** under section 2 of the **Mental Health Act**.



Your **community treatment order (CTO)** ends.



You refuse aftercare services.



The **aftercare** you need is **not currently available**.

If you need more information.



Ask your **people who support you** for help to understand how **section 117 affects you**.

The below **links** may also be **helpful**:



[The Mental Health Act and section 117 aftercare – from Mental Health and Money Advice](#)

[Section 117 aftercare – from Mind](#)

[Section 117 aftercare – from Rethink](#)

[Mental health aftercare – from NHS](#)



[Inpatient mental health care: a guide for young people – from YoungMinds](#)

[Being sectioned – from The Mix](#)

[The Mental Health Act Code of Practice – ‘Aftercare planning’ section starts at on page 358](#)

Other important information



You can get this easy read in **big print**, **audio**, **easy read**, and **other languages**. You can also get **documents** from our **website** as **plain text by email**. For more information contact adultspolicy@n-somerset.gov.uk

Author: Gavin Hutchison

Agreed by Strategy and Policy Governance Board: 28/08/2025

Review: 28/08/2027