

Healthcare in Prison

Prisoners should have the same access to healthcare as everyone else. This factsheet looks at what healthcare you should get if you are in prison. And at what to do if you are not getting the help you need.

Key Points.

- You might go into prison because you have been given a prison sentence by a court. Or because you are waiting for a court hearing. This is sometimes called being 'on remand'.
- There are services that can help you while you are in prison, if you think you might need help for your mental health.
- You have the same right to healthcare services as everyone else. Some prisons have a healthcare wing. You might go there if your health is very bad.
- If you are too unwell to stay in prison, you could be transferred to hospital for specialist care under the Mental Health Act 1983.
- Most prisons have 'Listeners'. You can talk to them if you need support. Or you can talk to the Samaritans.
- There are services that can help you if you have problems with drugs or alcohol.
- It is important that you get support when you are released from prison. The prison should help with this.

This factsheet covers:

1. [How common is mental illness in prisons?](#)
2. [What happens when I go into prison for the first time?](#)
3. [What help can I get?](#)
4. [Does the Care Programme Approach \(CPA\) apply in prison?](#)
5. [What other support is there for mental illness?](#)
6. [What support might I get if I use drugs or alcohol?](#)
7. [What can I do if I'm not getting the help that I need?](#)
8. [What happens when I am released from prison?](#)
9. [Information for families and friends of prisoners](#)

1. How common is mental illness in prisons?

A lot of people going into prison already have a mental illness.¹ People's mental health can also get worse in prison.²

A lot of people have a mental illness and use drugs or other substances. You may hear this being called 'dual diagnosis'.

[Top](#)

2. What happens when I go into prison for the first time?

What happens when I arrive?

You will speak to a healthcare professional at reception. They will ask you questions, including questions about your health. Prison staff might call this a 'health screening'. Or a 'first-stage' health assessment'.³

The assessment should be carried out before you are shown to your cell.⁴ They will ask you a lot of questions. Including questions about:⁵

- your mental health,
- your physical health,
- whether you have issues with substance misuse,
- whether you self-harm, or have done in the past, and
- whether you are experiencing suicidal thoughts, or have done in the past.

Although some of these subjects are hard to talk about, it is important to be honest. Being honest means you should get the help you need.

At the assessment, you should be told how to contact prison health services and book GP appointments.⁶ Staff can ask a healthcare professional to see you straight away, if they are worried about you.⁷

You should get any help you need as soon as possible.

What happens after the assessment?

Staff will arrange for your medical records to be transferred from your GP to the prison healthcare team.⁸ This helps to make sure that you get the right care in prison.

They will also contact any other health services that were helping you in the community. For example, your Community Mental Health Team (CMHT).⁹

They should ask for your consent before they do this.¹⁰

What if I was getting care and support in the community?

You may have been getting care and support in the community from social services. This might be things like help with cooking, dressing, and paying bills. The local authority where the prison is based is responsible for continuing this help.¹¹

The local authority where you lived before should share information about your needs with the new local authority, so your care and support can continue.¹²

Prison authorities should tell the local authority when someone arrives at their prison who may need care and support.¹³

What happens once I've settled in?

Once you are settled in, you will have a full health assessment. This is sometimes called a 'second-stage' assessment. It should take place within 7 days of arriving in prison.¹⁴

Staff will ask you how you are settling in, and about your health in general. They should check how you have got on with any support that was promised after your initial health screening.¹⁵ This is a good time for you to share any worries you have and ask for information.

The prison can pass on your medical record to your new doctor if you are:^{16,17}

- moved to another prison,
- moved to hospital, or
- released from prison.

There is more about release in [section 8](#).

Can I take my medication in with me?

You can't take your medication into prison with you. So you should tell staff about any medication you need as soon as you arrive at the prison. You can take your medication as far as the reception, so that staff can see exactly what you are taking.¹⁸

The prison doctor can arrange a new prescription for you. You should get your new medication as soon as possible.¹⁹

Healthcare staff will decide if you can keep your medication and take it yourself. Or if you need to be supervised. This will depend on the sort of medication you take and the type of illness you have. Keeping your medication is called having it 'in-possession'.²⁰

[Top](#)

3. What help can I get?

You should have the same access to healthcare as people outside prison.²¹

What services are there for my mental health?

Primary care services

Primary care services, like a GP, are usually the first step to getting help for any health problem.²² People who have less severe mental health conditions, such as mild to moderate anxiety or depression, can get all the help they need from primary care.²³

You can ask to see a GP at any time. Ask a member of staff or another prisoner how to do this.

Your GP may be able to arrange talking therapy for you. This is called a 'referral'.

In some prisons there is an Improving Access to Psychological Therapies (IAPT) service. This service offers talking therapies. It generally helps people with anxiety or depression.²⁴ But people with other mental health conditions can find it helpful too.

IAPT services aren't available in all prisons.²⁵ Ask staff whether there is a service in your prison.

Secondary care services

Your GP might arrange for you to get help from secondary care services if you have a more severe mental health condition. For example:

- severe depression or anxiety,
- schizophrenia, or
- bipolar disorder.

You might get help from an 'in-reach team'. This is a team of health professionals, like a psychiatrist, psychologist, social worker, or specialist nurse, who work together to support you. It is similar to a Community Mental Health Team (CMHT).²⁶ The in-reach team may offer you:²⁷

- cognitive behavioural therapy (CBT),
- help to manage stress and anxiety,
- help to manage self-harm,
- help to manage suicidal thoughts or feelings,
- medication,
- help with your symptoms,
- help for your carers, or
- help to stop you becoming unwell again.

The psychiatrist can monitor your health and medication. They can also assess you under the Mental Health Act 1983, if your mental health is very bad, and you might need to be in hospital.

Protection if you are at risk of self-harm or suicide

Your prison will have a 'Safer Custody Team' (SCT).²⁸ The SCT is there to keep vulnerable prisoners safe.²⁹

If staff think you are at risk of self-harm or suicide, you will get help under the Assessment, Care in Custody, and Teamwork (ACCT) process.³⁰ This is where a plan is put in place to keep you safe.³¹

Any member of prison staff who is worried about you must let the on-duty manager know. This doing this by filling out a form, which they give to the manager.³² The ACCT process should start within 1 hour of the staff member filling out this form.³³

What services are there for my physical health?

Your prison will have a healthcare team. You should have access to a doctor, nurse, dentist, and optician.³⁴

Some prisons have healthcare or hospital wings.³⁵ Prisoners who have bad physical or mental health can stay here if they are not well enough to be in the main part of the prison. But most prisoners with health problems will stay on standard wings.

If you have a more serious condition, the healthcare team might ask a specialist to come into the prison to help you.³⁶

They could also transfer you out of prison to see a specialist. Or to get treatment in hospital.³⁷

If you leave prison to get help, you will have a prison escort. This is likely to be a prison officer. Although you are outside the prison, you stay in the custody of the Prison Service.³⁸

Can I get help for drug or alcohol use?

Your prison will have a substance misuse service.³⁹

Staff should refer you to the service if you mentioned the following things at your health screening.⁴⁰

- You have used street drugs in the past month. 'Streets drugs' means things like heroin, cocaine, or cannabis.
- You have problems with prescription medication. For example, you use medication that hasn't been prescribed by a doctor. Or you take doses that are much higher than the doctor told you to take.

There is more information about help for substance misuse in [section 6](#) of this factsheet.

Can I be moved to hospital for my mental health?

It is important that you get the care you need while you are in prison. A prison can support most prisoners with a mental illness.⁴¹ But, if you are too unwell to be treated in prison, you can be moved to a hospital, using the Mental Health Act. A psychiatrist will assess you to decide if this needs to happen.⁴²

If you have been sentenced, you would be moved under section 47 of the Mental Health Act.⁴³ If you are on remand, you would be moved under section 48.⁴⁴

If you get better in hospital, you could be transferred back to prison.

You can find more information about:

- Drugs, alcohol and mental health
- Prisoners - self-harm
- Section 47/49
- Section 48/49

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

[Top](#)

4. Does the Care Programme Approach (CPA) apply in prison?

CPA is a way of organising your care if you have complex mental health needs.⁴⁵

You might be under the Care Programme Approach (CPA) if you see mental health services, such as the Community Mental Health Team (CMHT).

If you are already on CPA when you go into prison, the prison should contact your care coordinator to get information about your care plan.⁴⁶ This will help them to plan your care in prison.

While you are in prison, a member of prison staff will be your care coordinator.⁴⁷ Staff on your wing should work with the in-reach team to give you the support you need for your mental health.⁴⁸

Wing staff, the in-reach team, and any other relevant professionals should work together on your care plan.⁴⁹

You can find more information about '**Care Programme Approach**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

[Top](#)

5. What other support is there for mental illness?

Health services are not the only option if you want support. Prisons often have 'peer support schemes'. This means that you could talk to another prisoner about problems you are having and how you feel.

Listeners

The Samaritans train some prisoners as 'Listeners'. This means that they can give you emotional support. They cannot offer you counselling but they can give you someone to talk to. It is completely confidential, so they would not normally tell anyone about what you say.

Listeners are expected to follow the same policies and values as other Samaritans volunteers.⁵⁰ Ask staff if you would like to speak to a Listener.

Insiders

Some prisoners train as 'Insiders'. They give basic information and support to new prisoners. The first few days in prison can be very difficult and Insiders can help you to feel better.

Samaritans

Samaritans give confidential emotional support. They can listen to your problems and worries. You can phone their helpline from prison for free, 24 hours a day. Or you can ask them to visit you.⁵¹

[Top](#)

6. What support might I get if I use drugs or alcohol?

You can get help from the prison's substance misuse team. This is sometimes called a 'CARAT' team.

The help you can get varies. It may include:⁵²

- advice and information,
- one-to-one support, and
- support groups.

If you have both a mental illness and problems with substance misuse, doctors may call this 'dual diagnosis'.

Some prisons have specialist dual diagnosis teams.⁵³ If there is no dual diagnosis team, the mental health and substance misuse teams work together to help you.⁵⁴

The substance misuse team should also work with physical health teams, if you need their support.⁵⁵

You may also be able to get help from specialist teams that are not based in the prison. They will be allowed in to see you if you need this.⁵⁶

What help will I get to come off drugs?

'Opiates' – heroin, morphine

If you are addicted to drugs like heroin and morphine, you should be supported to stabilise your use, for at least 2 weeks, when you arrive in prison.⁵⁷ This means that you could be given replacement medication, like methadone or buprenorphine.⁵⁸

During this time, the prison mental health team should assess you.⁵⁹ The prison may gradually reduce the dose of your replacement medication, but this should not be rushed.⁶⁰ If you have serious mental health problems, your doctors may decide to use the replacement medication for longer.⁶¹

Benzodiazepines – diazepam, lorazepam

If you are addicted to benzodiazepines, like diazepam or lorazepam, prison staff will help you to stop taking them. They will do this by gradually giving you smaller and smaller doses, until you stop completely.⁶²

Alcohol

The healthcare team and substance misuse workers should offer you support if you drink too much alcohol. They may offer you therapy.⁶³

If you are very dependent on alcohol, you may be given medication to help you to stop drinking.⁶⁴ Once you have stopped drinking, you may be given medication to help you to stay alcohol-free.⁶⁵

Stimulants – crack, cocaine, mephedrone

If you are addicted to a stimulant like crack, cocaine, or mephedrone then you may feel very depressed for weeks, or even months, when you stop taking it.⁶⁶

This will wear off eventually.⁶⁷ But it's important to tell someone if you are feeling down. You might find it helps to speak to a doctor or a Listener.

You can find more information about '**Drugs, alcohol and mental health**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

[Top](#)

7. What can I do if I'm not getting the help that I need?

Speak to someone

First try to speak to someone in healthcare. They may be able to arrange more help for you. Or signpost you to someone else who can help.

You might be able to get help from an advocate if you find it hard to explain your problems.

Advocates are independent people who can help you to get your voice heard. Some advocacy services help people in prison. You can find contact details for advocacy services in the [Useful Contacts](#) section at the end of this factsheet.

Complain

If you still have problems, you can make a complaint.

Complaints about healthcare are different from complaints about other things in prison.

You should complain to NHS England about problems with your healthcare. This is because they fund all prison healthcare services, even if they're managed by a private company.

You can find NHS England's contact details in the [Useful Contacts](#) section at the end of this factsheet.

You can find more information about:

- Complaints: NHS or Social Services
- Advocacy

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

[Top](#)

8. What happens when I am released from prison?

It is important that you get support when you are released from prison. This support should be written down in a discharge plan.⁶⁸ It can come from different professionals.

The prison healthcare team should do a follow-up interview with either you or your care coordinator 14 days after your release from prison.⁶⁹ This is to see how you are getting on.

Your GP

You may already be registered with a GP in the community. The prison healthcare team should update your GP on the treatment you have been getting, if you give your permission.⁷⁰

If you do not have a GP, prison healthcare staff should help you to register with one. The healthcare team should make sure that you have enough medication until you are able to get a prescription from your GP.⁷¹

A Community Mental Health Team (CMHT)

If you have a mental health condition, healthcare staff must think about whether you should be referred to a CMHT.⁷²

A CMHT is a team of different mental health professionals, who work together to support you in the community.⁷³

Other services

Healthcare staff should also think about whether you need help from other services.⁷⁴ For example, support with housing or substance misuse.

If they think you need this help, they might refer you to support. Or they might just give you information about support, so you can access the help yourself.

If they want to refer you, they should ask for your permission.⁷⁵

What if I am on the Care Programme Approach (CPA)?

If you are on the CPA, the professionals that help you should work together to plan your care. The plan should look at all of your needs. For example, your mental and physical health. And whether you need help with things like:

- cooking,
- dressing,
- housing,
- money,
- education, or
- finding a job.

If you have been in hospital under certain sections of the Mental Health Act, you might be able to get 'section 117' aftercare. This means that you could get some support for free.

Which local authority will support me?

Generally, the local authority where you are 'ordinarily resident' will be responsible for your housing and social care needs.^{76,77} 'Ordinarily resident' means where you normally live. If you don't always live in the same place, this may not be easy to work out.

When you are released, services will assume that you are 'ordinarily resident' in the area where you lived before you went into prison.⁷⁸ But you might not go back to this area.⁷⁹

If you are going to live in a new area, the local authority that covers that area should assess you before you are released from prison.⁸⁰ If this is not possible, they should continue to meet your needs until they can do their own assessment.⁸¹ Prison managers and healthcare professionals can ask the local authority to assess you. Or you can ask them yourself.

If it is not clear which local authority should assess you, the local authority for the area where you plan to move should do this.⁸²

You can find more information about:

- Care Programme Approach (CPA)
- Community Mental Health Teams (CMHTs)
- Talking therapies
- Section 117 Aftercare

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

[Top](#)

9. Information for families and friends of prisoners

It can be difficult if you have a friend or relative in prison.

If you are worried about your friend or relative's mental health while they are in prison, you can use our sample letter below to write to the prison. The best person to write to would be the Healthcare Manager or the prison Governor.

Sample Letter for Friends and Relatives to Provide Information to the
Prison and Ask for a Transfer to Hospital

Your name
Your address
Your telephone number (optional)
Your email address (optional)

[Date]

Name of Governor or Healthcare Manager
Prison address [you can find this at www.justice.gov.uk]

Re: Person's Name (date of birth), Prison number (if known)

Dear [Name of Governor or Healthcare Manager],

I am writing as [name of your friend/relative]'s [state relationship]. I am worried about [name of your friend/relative]'s mental health. I would like to give you more information about them while they are under your care.

[Here, give details of your friend/relative's behaviour which is causing alarm and any relevant background information. List as much of the worrying behaviour as possible, but try not to make the letter too long. You might want to consider the following questions:

- **Has your friend/relative got a mental health diagnosis? If not, what has been happening recently to make you concerned?**
- **Has their mental health got worse since going into prison? For example, have they said anything on the phone or in letters that has worried you? Have you noticed a change in their behaviour or appearance when visiting them?**
- **Do they receive any treatment, such as medication and/or therapy?**
- **Have they ever accessed mental health services or are they accessing them now? You could give the prison details of any services if you know these. This could include details of their GP or Community Mental Health Team.**
- **Does the person understand their illness, or do they think they are well (do they lack insight)?**
- **Are there any other circumstances you think the prison should know about? For example, drug or alcohol use?]**

If your friend/relative's mental health is so bad that you think they should be in hospital, you can add:

I understand that you are doing all you can for [name of your friend/relative], but I feel that you can no longer effectively manage their condition. Because of this, I would like you to arrange an assessment to see if [name of your friend/relative] should be transferred to an appropriate hospital bed under section 47 **(if your friend/relative is sentenced)**/section 48

(if your friend/relative is on remand and has an ongoing court case) of the Mental Health Act 1983.

I understand that one of the Government's priorities is to make sure that the criminal justice system considers people's mental health conditions. I feel that the prison needs to know about [\[name of friend/relative\]](#)'s background, and would like you to take this into account while you are caring for them.

Yours faithfully,

[\[Signature\]](#)

[\[Your name\]](#)

Further Reading

NHS Self-Help Factsheets

The NHS in Northumberland, Tyne and Wear has written factsheets to help prisoners to manage:

- anxiety,
- depression and low mood, and
- post-traumatic stress disorder (PTSD).

You can find them on their website.

Website: <https://web.ntw.nhs.uk/selfhelp>

You can find more information about:

- Prison - Going in
- Prison - What happens while I am in prison?
- Prison - Planning for release

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007, and ask them to send you a copy of our factsheet. You can ask staff, a friend, or relative to get this information for you too.

Useful Contacts

Care Quality Commission (CQC)

They regulate prison healthcare services, and can force them to improve if they're failing.

Telephone: 0300 061 6161

Address: CQC National Customer Service Centre, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA

Website: www.cqc.org.uk

Forward

Forward helps people with drug or alcohol addiction in some prisons, and in the community. They offer advice, counselling, and group work. They can work with prisoners and their families.

Telephone: 020 3752 5560

Address: The Foundry, 2nd Floor, 17 Oval Way, London, SE11 5RR

Email: info@forwardtrust.org.uk

Website: www.forwardtrust.org.uk

Healthwatch

They work to improve health and social care services by listening to service users, and speaking out on their behalf. Their local services work to improve health and social care in their area, including in prisons.

Telephone: 03000 683 000. Open Monday-Friday, 8.30am-5.30pm.

Email: enquiries@healthwatch.co.uk

Website: www.healthwatch.co.uk/your-local-healthwatch/list

Address: Healthwatch England, National Customer Service Centre, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA

NHS England

They deal with complaints about NHS healthcare services in prison.

Telephone: 0300 311 22 33. Open weekdays, 8am-6pm, except Wednesday, when they open at 9.30am.

Address: NHS England, PO Box 16738, Redditch, B97 9PT

Email: england.contactus@nhs.net

Website: www.england.nhs.uk/contact-us/complaint/complaining-to-nhse

Prisoners' Families Helpline

The Prisoners' Families Helpline can support anyone in England and Wales whose family member is in the criminal justice system. They give advice and information on all aspects of the system. For example, what happens when someone's arrested, visiting a prison, and preparing for release.

Telephone: 0808 808 2003. Open Monday to Friday, 9am-8pm. And weekends, 10am-3pm.

Address: Prisoners' Families Helpline, Pact, 29 Peckham Road, London, SE5 8UA

Email: info@prisonersfamilies.org

Website: www.prisonersfamilies.org

POhWER

POhWER delivers advocacy in some prisons. If you have an NHS complaint, they might be able to help.

Telephone: 0300 456 2370

Address: PO Box 14043, Birmingham, B6 9BL

Email: pohwer@pohwer.net

Website: www.pohwer.net

Prison Phoenix Trust

The Prison Phoenix Trust encourages prisoners in their spiritual lives through meditation and yoga.

Telephone: 01865 512 521

Address: The Prison Phoenix Trust, PO Box 328, Oxford, OX2 7HF.

Email: all@theppt.org.uk

Website: www.theppt.org.uk

Prison Reform Trust

This is an independent charity that works to improve support for prisoners. They run a helpline that advises prisoners.

Helpline: 020 7251 5070. Open Monday to Friday, 10am-5pm.

Freephone helpline: 0808 802 0060. Open Monday & Thursday 3.30pm-5.30pm. Wednesday, 10.30am-12.30pm.

Address: Prison Reform Trust, FREEPOST ND 6125, London, EC1B 1PN

Website: www.prisonreformtrust.org.uk

Email: through form here: www.prisonreformtrust.org.uk/contactus

Prisoners' Advice Service (PAS)

PAS gives free legal advice and information to prisoners in England and Wales on their rights, conditions of imprisonment, and Prison Rules.

Telephone: 020 7253 3323. Open Monday, Wednesday, Friday 10am-12.30pm and 2pm-4.30pm.

Address: Prisoners' Advice Service, PO Box 46199, London, EC1M 4XA.

Email: advice@prisonersadvice.org.uk

Website: www.prisonersadvice.org.uk

seAp

seAp delivers advocacy in some prisons.

Telephone: 0330 440 9000. Open Monday to Friday, 9am-5pm. On Thursdays, they stay open until 7pm.

Text: send the keyword SEAP to 80800, followed by your message.

Address: seAp Hastings, PO Box 375, Hastings, TN34 9HU

Email: info@seap.org.uk

Website: www.seap.org.uk

VoiceAbility

VoiceAbility delivers NHS Complaints Advocacy in some prisons.

Telephone: 0300 330 5454

Address: The Old Granary, Westwick, Oakington, Cambridge, CB24 3AR

Email: nhscomplaints@voiceability.org

Website: www.nhscomplaintsadvocacy.org

Women in Prison

Women in Prison is a charity that gives non-judgmental support to women in prison. They have support workers in some prisons, and a national advice line. In some prisons, they can support women who want to study, and they have a programme that helps women to work on their mental health

Telephone: 0800 953 0125

Freepost: WOMEN IN PRISON

Email: info@womeninprison.org.uk

Website: www.womeninprison.org.uk

References

¹ National Audit Office. *Mental Health in Prisons*. London: NAO; June 2017. Page 4.

² As note 1. Page 5, paragraph 1.

³ National Institute for Health and Care Excellence. *Physical health of people in prison*. NICE Guideline 57. London: National Institute for Health and Care Excellence; November 2016. Paragraph 1.1.1.

⁴ As note 3. Paragraph 1.1.1.

⁵ As note 3. Paragraph 1.1.4.

⁶ As note 3. Paragraph 1.1.5.

⁷ HM Prison Service. *Continuity of Healthcare for Prisoners*. Prison Service Order 3050. London: HMPS; February 2006. Paragraph 2.7.

⁸ As note 3. Paragraph 1.7.1.

⁹ As note 3. Paragraph 1.7.1.

¹⁰ As note 3. Paragraph 2.1.

¹¹ s76(1) Care Act 2014 c23.

¹² Department of Health and Social Care. *Care and support statutory guidance*.

Paragraph 17.15. www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance [accessed 10th April 2019].

¹³ As note 12. Paragraph 17.16.

¹⁴ As note 3. Paragraph 1.1.13.

¹⁵ As note 3. Paragraph 1.1.13.

¹⁶ As note 3. Paragraphs 1.7.3.

¹⁷ As note 7. Paragraph 5.3.

¹⁸ NHS England. *Health and Justice mental health services: safer use of mental health medicines*. NHS England: Leeds; August 2017. Paragraph 4.1.

¹⁹ As note 3. Paragraphs 1.7.10 & 1.7.11.

²⁰ As note 3. Paragraphs 1.4.1 to 1.4.3.

²¹ As note 1. Page 6.

²² NHS England. *Primary care services*. www.england.nhs.uk/participation/get-involved/how/primarycare [accessed 21st November 2018].

-
- ²³ NHS England. *Integrating mental health therapy into primary care*. www.england.nhs.uk/mental-health/adults/iapt/integrating-mental-health-therapy-into-primary-care [accessed 10th April 2019].
- ²⁴ National Institute for Health and Care Excellence. *Improving Access to Psychological Therapies (IAPT)*. www.nice.org.uk/about/what-we-do/our-programmes/nice-advice/iapt [accessed 10th April 2019].
- ²⁵ As note 1. Page 40, paragraph 3.31.
- ²⁶ Ginn, S. Dealing with Mental Disorder in Prisoners. *British Medical Journal* 2012; 345 (7280): 27. www.bmj.com/bmj/section-pdf/187696?path=/bmj/345/7885/Analysis.full.pdf [accessed 10th April 2019].
- ²⁷ Department of Health. *Offender Mental Health Care Pathway*. London: DoH; January 2005. Page 12.
- ²⁸ Ministry of Justice. *Management of Prisoners at Risk of Harm to Self, to Others and From Others (Safer Custody)*. Prison Service Instruction 64/2011. London: MoJ; April 2012 (revised September 2013). Page 11.
- ²⁹ Government. *Prison life- vulnerable prisoners*. www.gov.uk/life-in-prison/vulnerable-prisoners [accessed 10th April 2019].
- ³⁰ As note 1. Page 32.
- ³¹ As note 28. Page 26.
- ³² As note 31.
- ³³ As note 31.
- ³⁴ NHS England. *Service Specification - Integrated Mental Health Service for Prisons in England*. NHS England: London; March 2018. Page 48.
- ³⁵ National Offender Management Service. *Early days in custody – Reception in, first night in custody, and induction to custody*. Prison Service Instruction 07/2015. London: NOMS; February 2015. Paragraph 2.16.
- ³⁶ Government. *Prison life- healthcare in prison*. www.gov.uk/life-in-prison/healthcare-in-prison [accessed 10th April 2019].
- ³⁷ As note 36.
- ³⁸ As note 7. Paragraph 4.2.
- ³⁹ NHS England. *Service Specification- Substance Misuse Treatment Service for Prisons in England*. NHS England Health & Justice Commissioning: London; April 2018. Page 19.
- ⁴⁰ As note 3. Paragraph 1.1.4.
- ⁴¹ As note 36.
- ⁴² ss. 47 and 48 Mental Health Act 1983 c.20.
- ⁴³ s47(1) Mental Health Act 1983 c.20.
- ⁴⁴ s48(1) Mental Health Act 1983 c.20.
- ⁴⁵ As note 39. Section 6.3, page 29.
- ⁴⁶ As note 27. Page 7.
- ⁴⁷ As note 27. Page 8.
- ⁴⁸ As note 27. Page 10-11.
- ⁴⁹ As note 27. Page 8.
- ⁵⁰ Samaritans. *The Listener Scheme*. www.samaritans.org/your-community/our-work-prisons/listener-scheme [accessed 10th April 2019].
- ⁵¹ Samaritans. *Our work in prisons*. www.samaritans.org/how-we-can-help/prisons/our-work-prisons [accessed 29th May 2019].
- ⁵² As note 39. Section 5.9.
- ⁵³ Ministry of Justice & Dept of Health. *A Guide to the Management of Dual Diagnosis in Prisons*. London: DoH; March 2009. Page 9.
- ⁵⁴ As note 39. Section 5.4, page 23.
- ⁵⁵ As note 54.
- ⁵⁶ As note 7. Paragraph 4.6.
- ⁵⁷ As note 53. Page 14.
- ⁵⁸ Public Health England. *Better care for people with co-occurring mental health and alcohol/drug use conditions - a guide for commissioners and service providers*. PHE: London; June 2017. Appendix 2.
- ⁵⁹ As note 53. Page 14.
- ⁶⁰ As note 53. Page 21.
- ⁶¹ As note 53. Page 15.
- ⁶² As note 53. Page 14-15

-
- ⁶³ National Institute for Health and Care Excellence (NICE). *Alcohol-use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence*. Clinical Guidance 115. London: NICE; February 2011. Paragraph 1.3.3.1.
- ⁶⁴ As note 63. Section 1.3.5.
- ⁶⁵ As note 63. Paragraph 1.3.6.1.
- ⁶⁶ As note 53. Page 15.
- ⁶⁷ As note 53. Page 15.
- ⁶⁸ As note 12. Paragraph 17.51.
- ⁶⁹ As note 34. Page 23.
- ⁷⁰ As note 7. Paragraph 7.2.
- ⁷¹ As note 7. Paragraph 7.6.
- ⁷² As note 7. Paragraph 7.3.
- ⁷³ Royal College of Psychiatrists. *Mental Health Services/Teams in the Community*. www.rcpsych.ac.uk/healthadvice/treatmentwellbeing/mentalhealthinthecommunity.aspx [accessed 10th April 2019].
- ⁷⁴ As note 34. Page 18.
- ⁷⁵ As note 7. Paragraph 7.2.
- ⁷⁶ s18(1) Care Act 2014 c23.
- ⁷⁷ s166A(5)(c) Housing Act 1996 c52.
- ⁷⁸ As note 12. Paragraph 17.48.
- ⁷⁹ As note 12. Paragraph 17.49.
- ⁸⁰ As note 12. Paragraphs 17.41 and 20.29.
- ⁸¹ As note 12. Paragraphs 17.41 and 20.40.
- ⁸² As note 12. Paragraph 17.50.

© Rethink Mental Illness 2011

Last updated May 2019

Next update October 2021

Version 4

This factsheet is available
in large print.



Rethink Mental Illness Advice Service

Phone 0300 5000 927

**Monday to Friday, 9:30am to 4pm
(excluding bank holidays)**

Email advice@rethink.org

Did this help?

We'd love to know if this information helped you.

Drop us a line at: feedback@rethink.org

or write to us at Rethink Mental Illness:

RAIS

PO Box 17106

Birmingham B9 9LL

or call us on 0300 5000 927.

We're open 9:30am to 4pm

Monday to Friday (excluding bank holidays)



**Leading the way to a better
quality of life for everyone
affected by severe mental illness.**

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org



[facebook.com/rethinkcharity](https://www.facebook.com/rethinkcharity)



twitter.com/rethink_



www.rethink.org

Need more help?

Go to **www.rethink.org** for information on symptoms, treatments, money and benefits and your rights.

Don't have access to the web?

Call us on 0121 522 7007. We are open Monday to Friday, 9am to 5pm, and we will send you the information you need in the post.

Need to talk to an adviser?

If you need practical advice, call us on 0300 5000 927 between 9:30am to 4pm, Monday to Friday. Our specialist advisers can help you with queries like how to apply for benefits, get access to care or make a complaint.

Can you help us to keep going?

We can only help people because of donations from people like you. If you can donate please go to **www.rethink.org/donate** or call 0121 522 7007 to make a gift. We are very grateful for all our donors' generous support.



Rethink Mental Illness is a partner in:

