

# Your rights to say yes or no To ECT treatment

(Electro-convulsive therapy)





# About the Care Quality Commission



The Care Quality Commission is independent – this means we are not part of the Government.



We make sure people in England get better health and social care services.



We check services for people who are being treated under a law called the Mental Health Act.



We make sure everyone uses this law properly for people who need:

- to be kept in hospital



- treatment in the community



- someone to make decisions for them and make sure they get treatment.

## About ECT



ECT is short for **electro-convulsive therapy**.



It is sometimes used to treat some mental illnesses.



This leaflet explains your rights to say yes or no to this treatment.

## Your rights to agree to treatment



Your rights to say yes or no to treatment are called **the consent to treatment rules**.



The rules say doctors cannot give you ECT if:

- you say no when you are asked



- you wrote down in the past that you do not want it.



There are rules for an emergency or if you are too ill to say yes or no:

- your doctor must tell the Care Quality Commission





- we will ask a second doctor to see you



- your doctor cannot give you ECT unless the second doctor agrees you need it.



If people under 18 years old say yes, they can only be given ECT if their own doctor and a second doctor agree.



Doctors do not have to stick to these rules if you need ECT to save your life or to stop you getting much worse.

If you say yes to treatment, you can change your mind at any time.



## The second opinion appointed doctor

This is the name for the independent doctor we ask to see you.



They will:

- make sure staff are sticking to the law about treating you in hospital or the community.



- talk to you about your treatment on your own, unless you would like someone else with you.



- speak to 3 other people involved in your treatment





- decide whether ECT is the right treatment for you.



Your own doctor will tell you what the second doctor has decided.



You cannot complain to the Care Quality Commission if you are not happy with this decision.



Staff can give you 2 of our leaflets that tell you how to complain about your care or treatment.

## How to contact us



If you want to:

- talk to one of our **Mental Health Commissioners.**



These are the people who check services for people who are being treated under the Mental Health Act



- complain about your care or treatment



- find out more about what we do.

Write to:



**Care Quality Commission  
The Belgrave Centre  
Stanley Place  
Talbot Street  
Nottingham  
NG1 5GG**



Telephone:

**0115 873 6250**



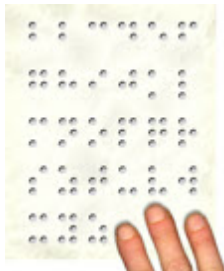
Email:

**[mhaenquiries@cqc.org.uk](mailto:mhaenquiries@cqc.org.uk)**



Website:

**[www.cqc.org.uk](http://www.cqc.org.uk)**



If you would like this information in a different language or format, please telephone:



**03000 616161**

### Where we are



The Care Quality Commission's head office is at  
**Finsbury Tower**  
**103-105 Bunhill Row**  
**London EC1Y 8TG**

### How to contact us



Phone: **03000 616161**  
(calls charged at normal rates)



Email: **enquiries@cqc.org.uk**



Please contact us if you would like a summary of this publication in other formats or languages.