

Commitment un-  
der legal standards  
(PsychKG)

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Englische Version



## Informations about commitment under legal standards (PsychKG)

Because of your mental illness you've been involuntarily committed to our ward for psychiatry and psychotherapy in Rheine, a department of the LWL-Clinic Lengerich, under the "Mental health law" (PsychKG)

You are in a burdensome situation right now and the commitment might seem unreasonable and not acceptable. To make your stay easier and for a clearer understanding we have collected everything you should know in this information sheet.

In case you have additional questions, we will try to answer them in a personal conversation.

We wish you a quick recovery.

The commitment should be as short as possible.

Your Treatment Team



# What means "Involuntary Commitment"?

The Commitment under the "Mental health law" (PsychKG NRW) provides that people can be involuntarily committed to a mental institution if the person is mentally ill and a threat to others and/or themselves.

It will be initiated through the court or the regulatory agency and is temporary, normally not longer than six weeks.

At least one day after your admission a judge will personally talk to you to assess if the commitment is necessary and how long it will have to last.

The further stay in our facility, which necessity will be assessed continuously, is depending from his decision and the statement of the treating doctors.

You can object against the commitment at the district court Münster or you can communicate with the local court Rheine.

Local Court Rheine

Phone number: 05971 4005-0

District Court Münster

Phone number: 0251 494-0









## How can you make your stay more pleasant?

It's your right to inform a person of your trust, either through us or by yourself.

Of course, you may receive visitors, write or make calls, and also keep personal belongings, provided that this does not harm your health. You are entitled to stay outdoors or go for an accompanied walk.

Furthermore you should tell us about agreements with other therapists and doctors or declarations of intention like a living will or a health care proxy.

We'd like to help and make your stay as short as possible, you can contribute to that by actively engaging in our medical and psychotherapeutic treatment.



# What are my rights?

In the context of your commitment the Psych-KG secures you additional rights.

- A medical examination as soon as possible
- An individual treatment plan which will be explained to you and, if existent, to your legal representation
- Support with necessary measures for your family, relatives in need and/or financial matters.
- Restrictions of your rights must be documented and be justified. The justification must be accessible to you.

In case of more questions concerning your rights we are available at all times, of course you can also look through the according law (PsychKG NRW).



## What kind of treatments are there?

Personal conversations, ergo- and exercise therapy as well as relaxations techniques are part of our treatment and shall help you to get better as soon as possible. Your cooperation in these therapies is wished for and very important.

A treatment against your will (for example a compulsory medication or fixation), can be applied if necessary, however only if the health of others or yourself is in danger.

As soon as the course of the treatment allows it we will terminate restriction measures, so that it will be possible to sleep a night at home as part of a "holiday" and, after a considerable recovery, to lift the commitment for an early release.

If a further clinical care is necessary, after the time of the commitment is over, we will support you to commit to it freely. If you can do that we will notify your doctors/therapist that treated you before and will treat you afterwards.

Of your stay and your release following Institutions will be notified:

- The local court
- the social-psychiatric care of the county Steinfurt
- Doctors and/or therapists that were treating you before and will treat you after your release
- the regulatory agency
- your person of trust and/or your legal representation





After your release the social-psychiatric care will invite you to attend after-care, we recommend to take that offer.

Beyond that we will work with you on concrete plans after your release considering local aid groups, after-care programs and additional treatment ambulant or stationary.

## How do you like your stay?

We do our best to make your stay as comfortable as possible, therefore, a positive feedback is always welcome. Naturally it is not always achievable to please everybody so if you have suggestions for improvement or others matters, please feel free to contact us, we will regard your concern.

Senior Physician:

Dr. med. Wittenhaus,

Phone number 05971 91279-100

Nursing management:

Frau Bischof, Phone number 05481 12-377

For the management in Lengerich:

Medical Director Dr. med. Chrysanthou,

Phone number 05481 12-212

Complaints Office: Phone number 0251 591-6806



Bin ich stark genug?

**Ja, ich habe die Kraft!**

Schaffe ich das überhaupt?

**Klar, ich hab noch viel vor!**

Ich kann nicht mehr.

**Doch, ich kann es schaffen!**

Einfach abwarten?

**Nein, ich handle heute!**

# Wege aus der Krise – wir finden sie gemeinsam

## **LWL-PsychiatrieVerbund Westfalen.**

Seelische Probleme verlangen persönliche Hilfe. Darum gibt es uns: Der LWL-PsychiatrieVerbund Westfalen bietet in über 100 Einrichtungen spezialisierte, wohnortnahe Behandlung und Betreuung – für den richtigen Weg aus der Krise.

[www.lwl-psi.chiatrieverbund.de](http://www.lwl-psi.chiatrieverbund.de)

**LWL**

Für die Menschen.  
Für Westfalen-Lippe.

# So you will find us:



## **LWL-Klinik Lengerich**

### **Abteilung Psychiatrie und Psychotherapie Rheine**

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