



Ministerie van Volksgezondheid,  
Welzijn en Sport

# Crisis measure

A summary of the brochure

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## **What happens when a crisis measure is imposed on you?**

If you are diagnosed with a psychological disorder and are endangering yourself or others, a crisis measure may be imposed on you. There is an explanation below of what a crisis measure is.

Instead of 'he/she' we have used 'they' in this text.

## **What is a crisis measure?**

A crisis measure means that you will receive compulsory care for a number of days. You may, for example, have to be admitted to a care institution or required to take medication.

## **When can a crisis measure be imposed on you?**

If the health professionals think that you are seriously endangering yourself or someone else, a crisis measure may be imposed on you. For instance if you become aggressive because you are hearing voices, or if a psychosis means that you are no longer able to care of yourself,

This can only happen if all the following apply:

- There is no other way to prevent or eliminate the danger.
- The health professionals think that the danger has arisen because you have a psychological problem.
- You do not want to cooperate with the care they are providing.
- The situation is urgent.

## **What happens before the crisis measure?**

An independent psychiatrist will visit you. The psychiatrist draws up a medical statement describing the issues. The mayor reads the medical statement and checks if you have previously had compulsory medical care and will ask for your opinion about the situation. The mayor then decides whether the crisis measure is required.

The health professional may already start providing compulsory medical care before the mayor's decision has been made. This is for a maximum of 18 hours. They are, for example, allowed to give you medication straight away to calm you down.

Note: if you have medical problems or are taking medication, or if you have a declaration that says what you do and do not want (such as a "crisis card"), always tell the health professionals about it.

## **What can you do about it?**

There are two ways of avoiding having a crisis measure imposed.

1. Ask the health professionals what dangers they are afraid might be present. You may perhaps be able to do something that avoids or eliminates that danger.
2. Ask what care the health professionals want to provide. You may perhaps be ready to cooperate.

## **What happens during the crisis measure?**

If the mayor decides to impose a crisis measure on you, you will receive compulsory medical care, either at home or in a mental healthcare institution.

You may for example be given the following care:

- You receive compulsory food, drink or medication.
- You receive compulsory therapy, medical check-ups or medical treatment.

- The health professionals will examine you. They may never look inside any bodily cavities, such as your mouth.
- The police look to see if there are drugs or weapons in your home or in your room.

To provide the care, the health professionals may hold you down, apply constraints or lock you up.

The person responsible for providing the care is the individual who arranges this compulsory medical care.

### **Who can help you?**

The following people can provide help.

- If you want, a patient advocate can be assigned to you. The patient advocate is independent and their advice is free of charge.
- You will get a lawyer (free of charge) who will stand up for your rights.
- Family and friends. Give your care coordinator the names of the people who can help you.
- If you are not able to represent your own interests, a representative will be designated to take decisions on your behalf.

And the health professionals are there to help you as well, of course.

### **How long does the crisis measure last?**

The crisis measure lasts for a maximum of 3 days. If the public prosecutors think that the crisis measure needs to be continued, a judge can decide to extend the measure for up to a further 3 weeks. The judge will hear your side of things before taking a decision, unless you are unwilling or unable. Is compulsory medical care still necessary after these three weeks? Then the procedure for a care authorisation will be initiated. You can read more about that in the brochure called 'Care authorisation'.

### **Information**

This is an extract. Please read the brochure Crisis Measure on [www.dwangindezorg.nl/wvggz](http://www.dwangindezorg.nl/wvggz)

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