



Health in Justice

Primary Mental Health

Treatment Requirement (MHTR)

Tailored support to help you better understand and improve your own mental health.

MHTRs are an option for your sentence if you have mental health difficulties, it would be part of a community or suspended sentence.

What happens?



Probation will get in touch with us to complete an assessment asking you questions about mental and physical health, mood, sleep, and emotions.



If we think an MHTR is beneficial for you we will let the court know. If the judge agrees, we will meet with you and probation to plan support for the MHTR.



We will meet with you every two weeks for around 12 sessions. Together we will agree what things will be helpful to talk about and what things you want to achieve in the sessions.



We will think with you about how best to support you and what things we need to put in place to help you.



We will tell your probation practitioner that you did the session. We will not tell them what you discussed unless there is a clear reason to.



Other treatment requirements

MHTRs are one of three possible treatment requirements. The other two are drug rehabilitation requirements (DRR) and alcohol treatment requirements (ATR). A MHTR can be combined with a DRR or ATR.

Breaches

You may hear people talking about “breaches” or “breaching”. The MHTR is a sentence given by the court, this means if you did not attend sessions without a good reason, then you may have to go back to court. This would be a “breach” of the sentence and the judge would decide what happens.

How do you get a MHTR?

A MHTR might be right for you if:

- You are over 18 years old
- You have anxiety or depression
- You are happy to have sessions
- You agree to do the MHTR (consent)
- The judge in court agrees

You can decide at any point that you do not want to do the MHTR. If you have been given an MHTR by the court and decide you do not want to do it, then you may have to go back to court.

Contact

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