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FRENCH SYSTEM BASICS

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1. Duty to warn

- Confidentiality

- Articles 226-13 and 226-14 of the *Code pénal* state that violation of confidentiality is punished by fine and imprisonment.

- Confidentiality can, and must, be broken if someone's life is in danger.

- Non assistance aux personnes en danger*

- Article 223-6 of the *Code pénal* states that not informing relevant authorities of a crime or danger is punished by fine and imprisonment.

2. What is a mental health emergency?

A mental health need that must be addressed immediately, whether this need is expressed by the patient, by people in his/her environment (teachers), or by a health care professional. A mental health need that requires an appropriate and immediate response from mental health professionals in order to relieve major psychological distress and protect the patient and/or others from danger.

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3. Psychiatric emergencies – signs

- Extreme despondency, despair.
- Extreme anxiety, depression or other form of psychological distress.
- Violence against oneself, against others or against one's surroundings.
- Hallucinations, delusions, extreme agitation.

4. What to do

- Don't panic, create a quiet environment, speak calmly.
- Limit the number of people present and remove any dangerous objects.
- Inform the person of duty to warn.
- Comfort and support the person.

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- In case of extreme violence against self or others call the police (17).
- Take the person to an emergency room or contact the nearest *CMP* for advice.
- Call mental health professionals (public and private) and physicians already involved in caring for the person.
- Give as much information as possible to show that the case is an emergency.

5. Different types of hospitalization

- The person consents: *hospitalisation libre*
- The person does not consent : *hospitalisation sous contrainte (HSC)*
 - *Hospitalisation à la demande d'un tiers (HDT)*
Conditions : Symptoms of severe psychological distress, non-consent, need for surveillance.
Requirements: hand-written letter from person acting in patient's interest, two recent (15 days) certificates from doctors.
 - *Hospitalisation d'office (HO)*
Conditions : Symptoms of severe psychological distress, non-consent, need for surveillance, **self or others in danger**.
Requirements: the *prefet* decides on hospitalization. Call the **police (17)**.

6. Useful numbers

- Police : 17
- Pompiers : 18
- Samu: 15
- SOS Psychiatrie : 01 47 07 24 24
- CPOA Ste Anne (+15 yrs): 01 45 65 81 09

In case of rape, sexual aggression or any physical violence, call the police : **17**

Tell the person not to bathe before being examined.

See advice on brochure.

Guide de la psychiatrie à Paris

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