

Information for you who are receiving forensic psychiatric care

Care under LRV

A separate brochure is available for patients under the age of 18 who are receiving forensic psychiatric care.

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The publication is available in PDF format on the National Board of Health and Welfare's website.

Upon request, we can produce the publication in an alternative format for persons with disabilities. Please direct any questions about alternative formats to alternativaformat@socialstyrelsen.se.

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You have the right to good care

Healthcare must be safe and secure for you and everyone else. Respect for the equal value of all people and for the dignity of the individual must be shown when care is provided. Staff must have the right training and skills.



What is forensic psychiatric care?

Receiving care under the Forensic Psychiatric Care Act (LRV) means that a doctor or court has decided that you should be committed to compulsory care based on the provisions of the Forensic Psychiatric Care Act. The aim of forensic psychiatric care is to provide treatment for psychiatric conditions, reduce the risk of reoffending, and give patients the ability to return to society.

When can I be committed to forensic psychiatric care?

Care under LRV may be provided under the following conditions:

- You have been referred to forensic psychiatric care following a court decision.
- You have been arrested, detained or admitted to a unit for forensic psychiatric examination.
- You have been admitted to or are being transferred to a prison.

The requirements that must be met are:

- You have a serious mental disorder.
- You need round-the-clock psychiatric care.
- You have refused the healthcare you need.

If you have been referred to forensic psychiatric care following a court decision, the first two requirements together with the court decision are sufficient for you to commit you to compulsory care. If you have been arrested, detained or admitted to a unit for forensic psychiatric examination, or you have been admitted to or are being transferred to a prison, the third requirement must also be met.

Who decides how long I receive care under LRV?

Who makes the decision on whether you will be committed to care and when it will end depends on your situation.

If you have been referred to forensic psychiatric care

If you have committed a crime punishable by imprisonment and you have a serious mental disorder, the court may refer you to forensic psychiatric care. This is regulated in the Criminal Code (BRB). Forensic psychiatric care begins in an inpatient hospital ward, where you remain 24 hours a day.

An initial judgment is valid for a maximum of four months. If the court then decides that forensic psychiatric care should continue, it may be extended for a maximum of six months at a time. There is no limit to the number of times the court may extend the compulsory care.

The court may decide that you can receive outpatient forensic psychiatric care if you meet the requirements for this. The chief physician is responsible for applying for outpatient forensic psychiatric care. With outpatient care, you do not have to stay at the hospital 24 hours a day, as long as you comply with the special conditions ordered by the court. These conditions may include, for example, that you must take a certain medicine or take part in therapy. The court may delegate decisions on these conditions to the chief physician. If you do not comply with the outpatient care conditions, you may be transferred back to inpatient care.

When does forensic psychiatric care end?

You may be referred to forensic psychiatric care with or without special discharge review.

If you have been ordered to undergo forensic psychiatric care **without special discharge review**, the doctor must continuously assess whether the two requirements for forensic psychiatric care apply to you. If they no longer apply, the compulsory care must end.

If you have been ordered to undergo forensic psychiatric care **with special discharge review**, it is the court that decides whether you should remain in forensic psychiatric care or not.

If you have been arrested, detained or are serving a prison sentence

If you have been arrested, detained or are serving a prison sentence, you may be committed to care under LRV after a doctor has examined you and assessed that the requirements are met. During the medical examination, you will be given the opportunity to describe your symptoms. The doctor will also inform you why they want to admit you to compulsory care, and issue a compulsory care certificate.

Before you can be admitted to care, another doctor must examine you and agree that care under LRV is necessary.

When does forensic psychiatric care end?

If any of the requirements no longer apply, then the care must cease.

If you are arrested or detained, the forensic psychiatric care must end at the latest when you are released.

The aim of care under LRV is to improve your mental health as much as possible so that you can receive the care you need without having to be forced.

You have the right to receive information

Staff must provide you with information in a way that you understand, and they must answer your questions.

You have the right to be informed about the care you are currently receiving and any plans for future care.

You have the right to know how you may be affected by medication, treatment and other aspects of your care.

You must have a care plan

The staff must work with you to the greatest extent possible to draw up a care plan as soon as possible. The plan must state what care you need.

Information about treatment and medication

Staff must explain to you how different treatments and medications may affect you and your body. You also have the right to know if there are any risks associated with the treatment, if anything could happen after you have been taking the medication for a while, and what side effects you may experience.



You have the right to ask questions until you fully understand what the staff are telling you.

You have the right to read what the staff write

You have the right to read your care plan. If possible, the staff should get your input when drawing up your care plan. You also have the right to read your medical records. However, if the doctor believes that reading something in your medical record might worsen your health condition or the quality of your care, that information may be concealed from you. You then have the right to appeal the decision regarding your medical records to the Administrative Court of Appeal.

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Who is given information about you?

The general rule is that you get to decide who outside your care team is allowed to receive information about your care. This also applies to giving information to your family members.

Healthcare is governed by confidentiality

Confidentiality means that staff are not allowed to disclose information about your health or other personal matters. Information can therefore only be disclosed after a confidentiality assessment has been carried out. Information can also be disclosed with your consent.

In certain situations, the disclosure of information is permitted or mandatory. Social services and healthcare providers may, in certain cases, disclose information between each other's operations if this is necessary to provide you with the necessary care, treatment or other support.

Outpatient forensic psychiatric care requires coordinated care planning. This means that certain information about you needs to be disclosed to, for example, your local authority or other actors who will provide you with continued care and support.

Children as relatives

If any of your close relatives is a child, staff must give particular consideration to the child's need for information, advice and support. This must be adapted to the needs and maturity level of the individual child.

You have the right to a support person

- A support person is appointed by the patient advisory committee and provides support during your period of care under LRV and for one month thereafter.
- The support person will help you with personal matters and will talk and spend time with you.

Rules for support persons

Your support person may visit you regularly, but sometimes the schedule and routines of the ward may take precedence over these visits. In addition to visits, the person may provide support during administrative court hearings.

The role of the support person is to give you support.

The support person has a duty of confidentiality regarding your health and other personal information.

This means that they may only disclose such information to others in exceptional circumstances.

How to be assigned a support person

Staff will ask whether you want a support person as soon as you are well enough to take in the information. The patient advisory committee will appoint

Each region has a patient advisory committee whose role is to support and assist patients and their relatives in obtaining information and expressing their views to healthcare providers.

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a support person for you. If you want to change your support person or have any complaints, you can talk to the healthcare staff or the patient advisory committee.

Certain rights may be restricted

When you are receiving inpatient forensic psychiatric care, certain rights may be restricted.



Phone, computer and post

In most cases, you have the right to keep in touch with your loved ones, such as family, friends and other people who are important to you. You are therefore allowed to contact anyone you want during your time in care.

In exceptional cases, you may not be allowed to use a phone or other means of contacting anyone outside the ward. This restriction is only put in place if it is deemed necessary for your care or rehabilitation or to prevent others from being harmed.

You always have the right to send letters to a lawyer, a public counsel or an authority and to receive post without staff reading it. However, staff may need to check that post addressed to you does not contain alcohol, drugs or anything else that could harm you or

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disrupt order in the hospital. If staff find such items, they may be confiscated.

Ward with security class 1 or 2

If you are arrested, detained or ordered to undergo forensic psychiatric care with special discharge review, and you are in a ward with security class 1 or 2, you may only use the computer or phone provided by the care facility. During this time, staff will temporarily confiscate your personal computer or phone.

Staff may check your belongings

If the doctor deems it necessary, staff may check that you do not have any items that you are not allowed to have. These may include alcohol, drugs or anything else that could harm you or someone else.

During the check, staff may go through your clothes and your bag. They may also ask you to temporarily remove your clothes to make sure you do not have anything that you are not allowed to have in the ward. Staff will respect you and your body during the check.

Visits

You have the right to spend time with people who are important to you during your period of care. Anyone you would like to have visit you may do so during visiting hours at the ward.

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In exceptional cases, your visits may be restricted. This may be done if the visits are making you feel worse.

Activities and outdoor recreation

Where you are receiving care, there are often opportunities for daily activities and outdoor recreation. In exceptional cases, these rights may be restricted. This may be done if the activities are making you feel worse.

However, you are not allowed to leave the ward or hospital grounds without permission when you are receiving forensic psychiatric care. To be able to do this, you must get permission from your doctor.

If you have been ordered to undergo forensic psychiatric care with special discharge review, it is the court that decides whether you will be given permission to leave the hospital grounds. The court may delegate the right to decide on leave to the doctor.

You have the right to have a say

As far as possible, the patient should be consulted when healthcare measures are being planned and carried out. This means that you should be informed about assessments and recommendations concerning your care. You should also have a say in decisions about your care, where possible. However, there are also limits to your right to have a say.

Coercive measures

Only as a last resort

In inpatient forensic psychiatric care, doctors may, in exceptional cases, decide to carry out measures that are directly against your will. These are called coercive measures, and they may only be used when all other options have been exhausted.

If you have been subjected to a coercive measure, this must be recorded in your medical records.

Compulsory medication

If you do not want to take medication, staff must respect your wishes to the extent that this is possible. However, if your condition is so serious that a doctor decides that there are certain medications that you have to take, compulsory medication (where you have to take it) is permitted.

Physical restraints

The doctor may decide that you need to be restrained with special straps, but only if there is a high risk that you will harm yourself or someone else. You are never allowed to be restrained for longer than is absolutely necessary.

No one may threaten to restrain you or isolate you from others.

- When you are restrained, you must be examined by a doctor at least once every four hours.
- There is no limit to how many decisions the doctor can make about restraints. However, you must be released from the restraints as soon as there is no longer any reason to keep you restrained.
- Healthcare staff must remain in the room with you at all times.

Isolation – confinement to a room

The doctor may decide that you need to be isolated, e.g. by locking you in a room or preventing you from leaving it.

- You may be isolated for a maximum of eight hours. If isolation needs to extend beyond this, the doctor must assess the situation and make a new decision that is valid for a maximum of eight hours. Under certain circumstances, a decision may be issued for a specific period exceeding eight hours.
- There is no limit to how many decisions the doctor may make in this regard, but you must be released as soon as you no longer make it extremely difficult to provide care to others.
- Healthcare staff are required to check on you at regular intervals.

Isolation is only used if you are exhibiting aggressive or disruptive behaviour that makes it extremely difficult to provide care to others.

Counselling after coercive measures

If you have been subjected to coercive measures, you will be offered a counselling session with staff as soon as your condition allows. This is intended to be a supportive measure and gives you an opportunity to describe your experiences. It also gives staff an opportunity to gain a better understanding of how they can help you so that coercive measures do not need to be used again.

You have the right to appeal

If you believe that a decision made regarding your care is incorrect, you can appeal the matter to the administrative court. However, not all decisions can be appealed.

Staff must explain how to appeal

Staff must let you know which decisions can be appealed. They must also provide information on what procedure to follow and how to write an appeal. They are also required to provide information on your right to engage a legal representative or counsel and your right to receive a public counsel in certain cases.

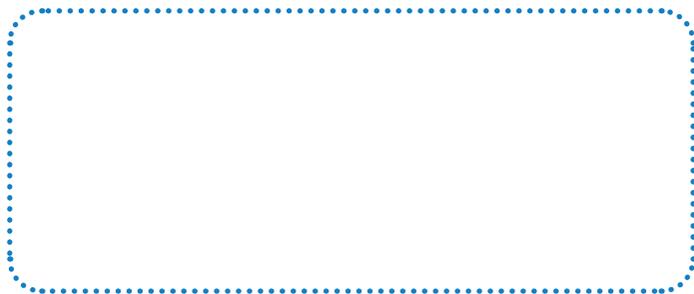
You can get help from a public counsel

When you appeal a decision to the administrative court, the court may, in some cases, appoint a public counsel for you. However, a public counsel will not be appointed if it can be assumed that there is no need for one. It does not cost you anything to receive help from a public counsel.

If you are dissatisfied or have questions

You can always speak with healthcare staff or your doctor. They are there to help you and are responsible for ensuring that you receive good care.

Please feel free to contact me!



Comments and support

On the 1177 website, you can read more about how to submit comments or complaints about healthcare. Go to [1177.se](https://www.1177.se) and search for “om du inte är nöjd” (if you are dissatisfied). You can also read more by searching for “inte nöjd med vården” (dissatisfied with healthcare) at [socialstyrelsen.se](https://www.socialstyrelsen.se).

1177 also has information about support groups for patients and their family members. Through these, you can find others who have had similar experiences to you. Go to [1177.se](https://www.1177.se) and search for “patientföreningar och närståendeföreningar” (patient support groups and family support groups).

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If you are prohibited from using a computer or have limited access to one, you can talk to the staff about what about your care you are dissatisfied with. You can also ask the staff for help finding information about patient and family support groups that work with patients receiving care under the LRV.

Glossary and abbreviations

Chief physician	A doctor specialised in psychiatry and responsible for forensic psychiatric care.
Administrative court	A court that can make decisions about compulsory care.
Sectioning order	A decision about compulsory care that must be made before you can be committed to compulsory care. The doctor writing the sectioning order must be a specialist in psychiatry.
Contact person	A member of staff who has special responsibility for maintaining contact with you.
LRV	The Forensic Psychiatric Care Act.
Leave	The possibility of being outside the hospital grounds on your own, for example at home.
Compulsory inpatient care	Compulsory psychiatric care at a hospital 24 hours a day.

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Compulsory care certificate	An initial medical certificate is required to commit you to compulsory psychiatric care. If a compulsory care certificate has been issued, you may be kept in hospital against your will until a decision about committing you to compulsory care is made.
Care plan	A document describing the treatment and other things you need during your care.
Outpatient compulsory care	You may have to take certain medication or participate in treatment, but you do not have to be in hospital 24 hours a day.

References

Rules that apply to all patients can be found in the Health and Medical Services Act (HSL), the Patient Act and the Patient Safety Act (PSL).

Special rules for forensic psychiatric care can be found in the Forensic Psychiatric Care Act (LRV).

Rules on confidentiality can be found in the Public Access to Information and Secrecy Act (OSL).

This information material has been designed in accordance with the laws and other regulations governing forensic psychiatric care. To make the information easier to understand, certain legal terms and expressions have been reworded.

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