Your advocate is called an ‘Independent Mental Health Advocate’ (IMHA).

Your advocate can help you with issues related to your mental health care, while you are receiving treatment under the Mental Health Act.

**Your advocate can help you to:**

- understand your rights
- understand your treatment and the reasons for it
- say what care or treatment you want – and what you don’t want
- talk to your care team about your needs
- have your say at meetings about your care and treatment
- speak to staff about any worries or problems you have
- request leave if you are entitled to it
- get a solicitor, who may be able to help you appeal your section
- prepare for Mental Health Tribunals and Hospital Managers’ Meetings
- complain if you are unhappy with your care or treatment

Advocates help to make sure that doctors listen to you. This does not mean your doctors will always do what you want them to. But your advocate will be on your side.
Advocate’s name:

Advocate’s contact details:

Notes:

Website: voiceability.org/IMHA