

Contact us



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voiceability.org/redbridge

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IMHA

Independent Mental
Health Advocacy
Service



Independent

Free

We can help you
to be fully involved
in decisions
about your care
and treatment

Confidential



Who can get an Independent Mental Health Advocate (IMHA)?

If you are sectioned under the Mental Health Act you are entitled to an independent advocate. (There are a few exceptions to this, contact us to check if you are eligible).

You are also entitled to an IMHA if you are:

- On a Supervised Community Treatment Order (CTO).
- A conditionally discharged restricted patient.
- Subject to a Guardianship Order.

How can advocacy help me?

An advocate can support you to:

- Be fully involved in decisions being made about you, your treatment or your care.
- Access information about your rights under the Mental Health Act.
- Discuss your aftercare options.
- Apply and prepare for a Mental Health Tribunal.
- Raise any concerns that you have.
- Challenge decisions that you are not happy with.



What does an advocate do?

We will:

- Listen carefully to what you tell us about your views and feelings.
- Support you to speak up or speak up on your behalf if needed.
- Make sure you are fully involved in decisions being made about you.

If you choose to work with an IMHA, you have a right to end that support at any time you wish to.

The advocacy service is:

- Free.
- Confidential.
- Independent. Our advocates are not a member of the medical or social care team.



How do I find an IMHA?

You can contact us directly or speak to us in private when we visit your ward. Our contact details are on the back of this leaflet.

Medical staff have a duty to make sure you understand that help is available to you from IMHA services and how you can get that help.

