

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

You can have an IMHA if:

- You are detained under the mental health act.
- You are under a CTO or guardianship.
- You are a conditionally discharged restricted patient.

We may also be able to help if you are being considered for ECT or neurosurgery for mental disorder.

What kind of things can an advocate help with?

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 or a Hospital Managers' meeting.
- Raise any concerns that you have about your care, safety or wellbeing.
- Challenge decisions that you are not happy with.



What does an advocate do?

We will:

- Listen to you.
- Be on your side.
- Help to get your point of view across.
- Make sure you get what the law says you can have.

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?

Contact us using the details on the back of this leaflet, or speak to an advocate when they visit the ward.

