



English



IMHA

Independent Mental Health Advocacy Service

An independent mental health advocacy service for people who need support with their rights under the new mental health act.



What is IMHA?

If you are being detained under a Mental Health Section, you are legally entitled to help and support from an Independent Mental Health Advocate.*

Advocates can support you with understanding and getting information about your rights under the Act, the parts of the Act that apply to you, and the medical treatments you may be given.

**Exclusions Apply; call your local IMHA office for details*

An IMHA can support you with:

- Being fully involved in your care planning
- Your access to Mental Health Review Tribunals, preparing for them and understanding decisions made
- Your access to other support or services
- Discussing appropriate aftercare
- How to raise concerns about your experience/care
- Exercising your rights.

The IMHA service is: Totally free and totally independent

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
- We will close your case when the work is finished.

How do I find an IMHA?

Certain 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.

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



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