

Independent Mental Health Advocacy (IMHA)

For people under section in hospital or in the community

Who can get support from an IMHA?

The law says that you can see an Independent Mental Health Advocate (IMHA) if you:

- are detained in a mental health unit, hospital or ward and are unable to leave
- are on a Community Treatment Order
- are under guardianship

There are other situations where you might be able to see an IMHA - get in touch to find out more.

What does an IMHA do?

Being under section can be an uncertain time.

It means that there are things you can and can't do, you might have new treatments and other people have certain rights to make decisions about you.

IMHAs will help you find and understand information about:

- what it means to be detained under the Mental Health Act
- the rights other people have
- any conditions or restrictions which apply to you. For example, whether you can leave hospital
- any medical treatment that you are already receiving or may receive and why

IMHAs will:

- spend time with you to find out about your situation, your needs, wishes and views
- ask questions for you and speak to others for you (with your permission)
- go with you to meetings and speak for you, if you want them to
- support you with an application to the Mental Health Tribunal

How can I get an IMHA?

You can refer yourself or ask someone to do it for you. This could be a family member, a friend or a health or social care professional.

If you want to find out more before deciding to refer, our contact details are below.

Informal Patients

We can sometimes also provide advocacy for informal patients. Please get in touch for more information.

The Advocacy People's commitment to you:

- Respect
- Equality
- Privacy and confidentiality
- Independence from other services
- Accessibility

When you refer to us your IMHA will talk to you about how we work.

For more information and to make a referral:

Call: 0330 440 9000

Web: www.theadvocacypeople.org.uk

Email: info@theadvocacypeople.org.uk

Write: PO Box 375, Hastings, East Sussex, TN34 9HU

Text: 80800 start message with PEOPLE