



# Independent Mental Health Advocacy

Independent Mental Health Advocacy  
is called **IMHA** for short



This leaflet tells you how an  
**IMHA** can help you

# About an IMHA

An **IMHA** advocate with special training who can help you with:



- your rights under the **Mental Health Act**

The **Mental Health Act** is a law about people with serious mental health problems.



- help you find out about what medication and treatment you are getting



- get ready for meetings and ward rounds



- help you talk to health workers about any worries you have about your care



- making an **appeal** against your **section**

A **section** is when the law says you must stay in hospital for a certain amount of time.

An **appeal** is when you ask the law to check if you still have to stay in hospital.



- help you to ask for less controls over what you can do

Controls can be things like:

- not be able to go in your bedroom when you want.
- not being able to walk in the hospital grounds.



- help you to get ready for leaving hospital

## You can get help from an IMHA if:



- you are being **detained** under some parts of the Mental Health Act

Being **detained** means being kept in hospital even if you don't want to be



- you have been given **Guardianship** or **Community Treatment Order**

- **Guardianship** is when someone helps looks after you. This is done officially under the Mental Health Act.

- A **Community Treatment Order** lets you have treatment in the community rather than having to stay in hospital.







- help you understand about all the different treatments you have been told could help you



We can also give you more information on being a **self advocate**.

Being a **self advocate** means speaking up for yourself and making sure your views are heard.



**For more information  
contact us**

**Write to us:**



**Phone us:**



**Email us:**