



Independent Mental Health Advocacy

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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.



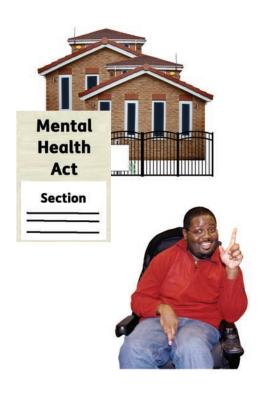
 help you find out about what medication and treatment you are getting



 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 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: