

## WHAT IS ADVOCACY?

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

## WHAT DOES AN IMHA DO?

An Independent Mental Health Advocate (IMHA) is instructed by YOU, and works with YOU on issues which are important.

We can work with you to understand your care and treatment under The Mental Health Act and ensure your rights are upheld.

## IMHA DROP-IN CLINIC

Our Independent Mental Health Advocate (IMHA) will be visiting the hospital weekly. Ask ward staff for more information.

## AN IMHA CAN:

Inform you of your rights under The Mental Health Act and make sure they are upheld

Obtain any information about any conditions or restrictions you may be subject to

Gather details about current or proposed medical treatments and the reasons for this

Support you to be fully involved in your care and treatment

Support you in meetings, appeals, and ward rounds

Help you to challenge decisions

Help you access solicitors

Support you to get your voice heard and speak up on your behalf if you wish

## CONTACT US



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FIND OUR ONLINE  
**REFERRAL FORM** ON  
OUR WEBSITE