

AM I ELIGIBLE FOR AN IMHA?

You are eligible for an IMHA for any of the following situations:

- You are a Child being Looked After (CLA)
- You live in a secure children's home
- You are going through the Child Protection process
- You have Special Educational Needs (SEND)
- You are moving to adult care and support services.

HEAD OFFICE

Advent Advocacy
Suite 2:7 Business Central
2 Union Square
Central Park
Darlington
DL1 1GL

EMAIL & TELEPHONE

01325 776 554
info@adventadvocacy.co.uk

ADDITIONAL CONTACT

Also available on:



SPEAK TO AN
INDEPENDENT
ADVOCATE TO FIND
MORE ABOUT OUT HOW
THEY CAN HELP YOU.



INDEPENDENT ADVOCATES FOR CHILDREN & YOUNG PEOPLE GENERIC AND IMHA



adventadvocacy.co.uk

info@adventadvocacy.co.uk

01325 776 554



WHAT IS INDEPENDENT ADVOCACY?

Sometimes it is difficult to explain your views and wishes or understand your rights especially when there are a lot of people involved in making decisions about your care and treatment.

An Independent Advocate is someone who will help you to explain and share with others what matters to you. They will make sure the right questions are being asked and that you understand your rights. They will help you to understand your care and treatment plans, and any decisions being made.



OUR INDEPENDENT ADVOCATES WILL HELP YOU TO **HAVE YOUR VOICE HEARD.**

HOW IS AN INDEPENDENT ADVOCATE DIFFERENT FROM THE OTHER ADULTS WHO HELP ME?

Independent Advocates do not work for the Local Authority, NHS, Health, Social Care or for the service(s) providing your care. This means they are impartial and will listen to you, making sure your views, wishes and rights are being considered by others in your care and treatment.

They will also ensure you understand your rights and raise concerns or make a complaint about your care or treatment if needed.

HOW CAN AN INDEPENDENT ADVOCATE HELP ME?

An Independent Advocate can:

- Listen to you explain how you feel about your care and treatment.
- Explain your care and treatment plan.
- Support you during meetings.
- Challenge decisions about your care and treatment, and support if you do not agree with them.
- Stand up for your rights.
- Write letters for you.
- Attend meetings with you.

An Independent Advocate will NOT:

- Make decisions for you.
- Tell you what you should do.
- Judge you.

CAN I TALK TO AN INDEPENDENT ADVOCATE

Yes. The service caring for you has an Independent Advocate who visits regularly and is available to everyone. If you would like to meet with an Independent Advocate you can ask a member of staff at your service to refer you, or you can contact our office and ask for a meeting.

Our contact details are on the front and back of this leaflet. All our Independent Advocates offer **Generic Advocacy** and **IMHA** support, so the service is **available to everyone**, to help you understand your care and express your rights.

WHAT IS AN IMHA?

An IMHA is an Independent Mental Health Advocate. They help service users to understand their rights if they are being cared for under the Mental Health Act.

An IMHA has the following rights:

- To meet you in private unless there is advice not to do this.
- To access wards and units to visit you.
- To attend meetings with staff when asked by you.
- To meet with and hold discussions with professionals involved in your care.
- To access records with your permission.