

AM I ELIGIBLE FOR IMHA SUPPORT?

A service user is entitled to IMHA support under the Mental Health Act 1983 if they are:

- Detained under the Mental Health Act, excluding sections 4, 5(2), 5(4), 135 or 136.
- A conditionally discharged restricted patient
- Liable to be detained, including:
 - Where they are on leave of absence from hospital
 - Where they are absent without leave from hospital
 - Where a court order or application for admission has been made in relation to them
- Subject to a community treatment order
- Subject to guardianship
- A conditionally discharged restricted patient
- A voluntary/information patient and certain treatments, including neurosurgery are being considered

SPEAK TO AN
ADVOCATE
TO FIND OUT HOW
THEY CAN HELP YOU

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:



INDEPENDENT ADVOCATES GENERIC & IMHA



[adventadvocacy.co.uk](https://www.adventadvocacy.co.uk)

info@adventadvocacy.co.uk

01325 776 554



WHAT IS INDEPENDENT ADVOCACY?

Sometimes people can find it difficult to explain their views and wishes or understand their rights. For people with a mental health challenge, being able to express themselves and ask the right questions can be more difficult and they often feel as if they have no voice when decisions about their care and welfare are being made by professionals in health and social care.

An Independent Advocate is a person who supports people to have their voice heard, so that they can contribute to the decisions being made about their care and treatment. An Independent Advocate will help a person to understand their rights and explain the choices available to them.



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

WHO DO INDEPENDENT ADVOCATES WORK FOR?

Your Independent Advocate works for Advent Advocacy. Independent Advocates **do not** work for the Local Authority, NHS, Health or Social Care providers. This means they are impartial and will represent your views, wishes and feelings. They are able to challenge organisations if your rights are not being considered.

HOW CAN AN INDEPENDENT ADVOCATE HELP ME?

An Independent Advocate can:

- Listen to you explain how you feel about your care.
- Help you to understand the care and support process.
- Challenge decisions about your care 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 can support you during:

- Assessments
- Care and support planning
- Safeguarding and reviews

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 all service users.

If you would like to meet with an Independent Advocate you can ask a member of staff at your service to let them know, or if you prefer, you can contact our office and ask for the Independent Advocate to arrange to meet you. Our contact details are on the 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 and express yourself regarding your care and rights.

WHAT IS AN IMHA?

When your Independent Advocate helps you to understand your rights under the Mental Health Act, they are referred to as a Statutory Advocate or Independent Mental Health Advocate (IMHA).

An IMHA has the following rights:

- To access wards and units to visit service users.
- To meet services users in private (unless there is advice not to do this).
- To attend meetings with staff when directed by the service user.
- To meet with and hold discussions with professionals involved in the care of service users.
- To access records with the permission of service users.