



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.



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 at the bottom of this page. 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 INDEPENDENT ADVOCATE?

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.

HOW IS AN INDEPENDENT ADVOCATE DIFFERENT FROM 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 and make 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.

adventadvocacy.co.uk

info@adventadvocacy.co.uk
01325 776 554

