



Independent Mental Health Advocacy (IMHA)



There is a law called the Mental Health Act.
The Mental Health Act sets the rules for when you can be sent to hospital or kept in hospital, even when you do not want to be there.



You have lots of rights if you are in hospital under the Mental Health Act.
Most people have the right to get help from an Independent Mental Health Advocate (IMHA).



You can ask us if you have the right to get help from an advocate.



Independent Mental Health Advocacy helps you understand your choices and say what you want.
It helps you have as much control as possible over your life.



The Advocacy Project is an organisation that provides Independent Mental Health Advocacy.



An advocate will support you to understand your rights.



They will help you understand what medical treatments you might be given.



An advocate will listen carefully to what you tell them about your views and feelings.



Advocates will support you to speak up. They can speak up on your behalf if you want them to.



Advocates will make sure you are fully involved in decisions about your treatment and care.



An Independent Mental Health Advocate (IMHA) can help you say what you want to be in your care plan.



An advocate can go with you to meetings like mental health review tribunals. They can help you think about what you want to say at the meeting before it happens.



An advocate can help you understand decisions made about you.



An advocate can support you to get the support or services you need. They can help make sure you get the right care for you after you leave hospital.



An advocate can support you to make complaints if things are not right.



An advocate can make sure you get what the law says you should have.



It doesn't cost you anything when you talk to an advocate.



Your advocate won't tell anyone else what you have said to us unless:

- › you want them to
- › you or other people might get hurt
- › the law says the advocate needs to



Advocates are independent. This means they do not work for hospitals, social services or any other services.



People looking after you in hospital or in the community must tell you how you can get help from an advocate.



If you decide to talk to an advocate, you can say you don't want their support anymore at any time.



You can call us on **020 3960 7920** to ask to speak to an advocate.



You can email us on referrals@advocacyproject.org.uk to ask to speak to an advocate.