

What is Independent Mental Health Advocacy (IMHA)?



IMHA is an advocacy service for people who have been sectioned.



Our Independent Mental Health Advocacy service can help you understand what is happening.



An IMHA Advocate can provide you with details of people who can support you.



An IMHA Advocate can you help you to understand the choices you have.

You can use this service if you are:



Detained under a section of the mental health act, OR



If you are under Guardianship or a Community Treatment Order, OR



You are thinking about treatments that have been suggested to you.

How can an Advocate support you?



They can explain what is happening to you, and your rights.



They can help to prepare and support you at meetings and ward rounds.



They can help you to communicate with staff.



They can help you to access your medical and local authority records.