



What are my rights?

## Independent Mental Health Advocacy



A practical support service for people:

- Detained under certain sections of the Mental Health Act.
- Discharged from hospital with conditions.

### How we help

Our Independent Mental Health Advocates (known as IMHA's) are specially trained in the Mental Health Act.

IMHA's provide a safeguard to support people to exercise their rights and ensure they can participate in the decisions that are being made about their care and treatment.

**proud to support**

**time to change**

let's end mental health discrimination



Independent



Free



Confidential

### About us

- **Advocacy Focus is an award-winning service that has been providing independent advocacy since 1998.**
- **Our Advocates are highly trained to provide non-judgemental and confidential support.**
- **We do not work for the NHS or Social Services, we are independent.**
- **Our help won't cost you a penny.**



0300 323 0965



[www.advocacyfocus.org.uk](http://www.advocacyfocus.org.uk)

## Who can have an IMHA?

- Patients detained under certain sections of the Mental Health Act
- Former patients subject to:
  - a Guardianship, Community Treatment Order (CTO), or Conditionally Discharged.
- Informal patients:
  - being considered for a Section 57 treatment.
  - under the age of 18 and being considered for Electro-Convulsive Therapy (ECT) or any other Section 58A treatment.

## How we help you

**Know your rights**

**Speak up and be heard**

**Speak on your behalf**

**Support you in meetings**

**Understand your medication**

**Raise concerns**

## How to get an Advocate

- You can refer yourself.
- Your family, friends and carer's can request one.
- Your Responsible Clinician (RC) or Approved Mental Health Professional (AMHP) can request one for you.

## What people say about us

**"My advocate was the right person for me to lean on. He helped me to have a fair chance to be heard in front of a lot of professional people."**