

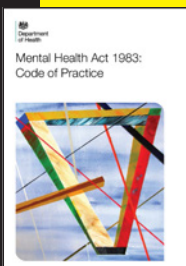


Department
of Health

An easy read fact sheet

Independent Mental Health Advocate

What you need to know about
Independent Mental
Health Advocates.



Know your rights

The Mental Health Act
Code of Practice

Independent Mental Health Advocate (IMHA)

Key facts

- * Independent Mental Health Advocates help with your rights and making your decisions
- * Independent Mental Health Advocates are independent and are there for you
- * Independent Mental Health Advocates are free.
- * Sometimes people talk about your **IMHA**. This is the same as your Independent Mental Health Advocate.



How an Independent Mental Health Advocate will help you

An Independent Mental Health Advocate will:

- Listen to you, and will help make sure your views are listened to by others
- Talk through your options with you and give you information to help you make decisions
- Help you speak up, and say what you want and need
- Help you understand your detention which means you are held in hospital and are not free to leave, and the reasons for your treatment.



An Independent Mental Health Advocate will also:

- Help you plan your care
- Help in tribunals. A **tribunal** is where a group of people decide if you will continue to be detained
- Help you get the right help when you leave hospital.



What your Independent Mental Health Advocate must do

Your Independent Mental Health Advocate must:

- Not cost you any money. Independent Mental Health Advocates are a free service
- Be clear about what they can and cannot help you with
- Tell you about what they have done to help you
- Respect you, and not judge you
- Not share your personal information with other people unless they have too.





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Where in the code?

This easy read fact sheet comes from:

- DH Mental Health Act 1983: Code of Practice, Chp 6 'Independent mental health advocates' pages 54-60

Download the code:

www.gov.uk/government/uploads/system/uploads/attachment_data/file/396918/Code_of_Practice.pdf

Download the easy read fact sheets:

www.nhs.uk/easy-mentalhealthact

Download the easy read glossary:

www.nhs.uk/glossary

More information:

Rethink: Advocacy - Types

www.rethink.org/living-with-mental-illness/rights-restrictions/advocacy/types