



Department
of Health

IMHA

Independent Mental Health Advocate

An IMHA is someone who helps you know your rights and speak up

An **IMHA**
helps you
know your
rights



You have a
right to an
IMHA



Staff must
tell you how
to get an
IMHA



You can
ask for an
IMHA at
any time



The easy read **Mental Health Act Code of Practice**
Fact sheets to help you understand your rights.

www.nhs.uk/easy-mentalhealthact