

# 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.



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# 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.



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# 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