

Independent Mental Health Advocates (IMHA)



Explaining your rights



What will an IMHA do for you?



See you in private and listen to how you feel.



Help you speak up and explain your views.



Give you advice so you can make choices about your care



Help you and speak for you at meetings.

IMHAs can also give you information



They can tell you what the law says.



They can tell you about your medicine.



IMHAs tell you your rights
and your friend or relative's
rights

Can I get an IMHA?

You can get an IMHA if you are detained in hospital
under the mental health act

You can get an IMHA If you need an operation on
your brain.

You can get an IMHA if a court has chosen someone to
make decisions for you. This is called being 'under a
guardianship order'.

You can get an IMHA if you are on supervised
community treatment order.

You can get an IMHA if you are conditionally
discharges and subject to restrictions.



An IMHA won't tell
anyone else what you say,
unless you want them to.

Who can get you an IMHA?



- You can ask for one yourself
- Your family can ask for one for you
- Nurses and doctors can ask for one for you



The law says you can have an IMHA if you want one.

How to get an IMHA?

Bristol

Bristol MIND

35 Old Market Street, Old Market, Bristol, BS2 0EZ

Tel: 0117 980 0371

Email: admin@bristolmind.org.uk

Or visit www.bristolmind.org.uk/our-services/advocacy

Swindon

Swindon Advocacy Movement (SAM)

Sanford House, Sanford Street, Swindon, SN1 1QH

Tel: 01793 616562

E-mail: imhaswindonadvocacy@btconnect.com

Bath

Bath MIND

13 Abbey Church Yard, Bath, BA 1 1LY

Tel: 01225 316330

E-mail: imca@bathmind.org.uk

Wiltshire

Swan Advocacy Network 26 Milford Street, Salisbury

Wiltshire, SP1 2AP

Tel: 01722 341851

E-mail: mail@swanadvocacy.org.uk

South Gloucestershire

Imca@TheCareForum, The Vassall Centre, Gill Avenue,
Fishponds, Bristol, BS16 2QQ

Tel: 0808 808 5252

E-mail: imca@thecareforum.org.uk

North Somerset

Friend, 39, Oxford Street, Weston-Super-Mare,
North Somerset, BS23 1TN

Tel: 01934 622292

E-mail: admin@friendcmhrc.com



If you are not happy about your care, you can contact PALS.

To contact PALS



You can telephone PALS on:
0800 073 1778 or
01249 468261



You can write to PALS at:
AWP PALS Jenner House
Langley Park Avon Way
Chippenham, SN15 1GG



You can email PALS at:
awp.PALS@nhs.net

We can give you larger print copies of this leaflet and we can put it on tape too. Please ask if you would like one of these.

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