

## What is an Independent Mental Health Advocate (IMHA)?



IMHAs support people who have been sectioned.



IMHAs can help you understand what is happening.



An IMHA can provide you with details of people who can support you.



An IMHA can help you to understand the choices you have.

## When can someone have an IMHA?



When a person is detained under a section of the mental health act, OR



If a person is under Guardianship or a Community Treatment Order, OR



If a person is thinking about treatments that have been suggested to them.

## How can an IMHA support you?



IMHAs can explain what is happening to you, and your rights.



They can help to prepare and support you at meetings and ward rounds.



They can help you to communicate with staff.



They can help you to access your medical and local authority records.