

X Your IMHA will not:

- X** Judge you, advise you or tell you what you should do.
- X** Talk with other people behind your back.
- X** Speak up for your family, friends or staff, instead of you.
- X** Act as a doctor, social worker or solicitor.

✓ Your IMHA will:

- ✓** Be loyal to you and only you.
- ✓** Be independent from the people who care for you.
- ✓** Help you find information and make sense of it.
- ✓** Support you to make your own choices.
- ✓** Tell other people what you want to do.
- ✓** Keep what you say confidential.

" Advocacy promotes social inclusion, equality and social justice. It takes action to help people say what they want, secure their rights, represent their interests and obtain services they need. "

Advocacy Charter 2002, Action for Advocacy

People have a statutory right to free, independent advocacy.

Professionals have a **duty** to make the independent advocacy referral.

Office hours are: Monday to Friday 08.30 - 17.00



staffordshirereferrals@asist.co.uk
www.asist.co.uk



Asist, Tollgate Court Business Centre,
Stafford, ST16 3HS



Phone 01785 246709 or 0300 800 1000
or text 60777 and start your message
with the word Asist (call charges may
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asist advocacy

IMHA Independent Mental Health Advocacy



for people detained under the Mental Health Act



making advocacy a right not a privilege

If you are detained under the Mental Health Act you have the right to an Independent Mental Health Advocate or 'IMHA' if you want one.

It is your choice.

It is your right.

This is a free service.

Your advocate is independent from anyone who is caring for you or giving you treatment.

IMHAs work for a charity; not for the hospital or social services.

Rights and Duties:

Professionals have a legal duty to tell you about your right to an IMHA.

Professionals have a legal duty to help you to contact an IMHA.

IMHAs have the legal right when acting on your behalf, and with your permission to:

- meet with you in private to find out what you want them to do
- meet with professionals to find out what you want to know
- attend meetings to inform professionals what you want to say
- access your records in certain circumstances and tell you what your records say.

Your IMHA can.....

- inform you about your rights, your treatment and anything else about your care.
- help you to take part in meetings about your care and treatment - this includes meetings where you are appealing against your section.

Your IMHA cannot...

- Make decisions about your care and treatment
- Tell you what you should do
- Give evidence