

Independent Mental Health Advocacy (IMHA)



There is a law called the **Mental Health Act**.

The **Mental Health Act** sets out the rules for when you can be sent to hospital or kept in hospital, even when you do not want to be there.



You have lots of rights if you are being cared for under the Mental Health Act. One of them is the right to help from an Independent Mental Health Advocate (IMHA).



IMHAs can help you to understand your other rights.

TOTAL VOICE
SUFFOLK

Total Voice Suffolk is an organisation that provides this service.

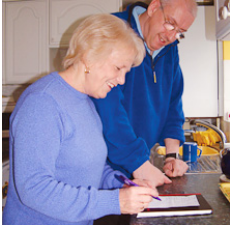
An Independent Mental Health Advocate (IMHA) can also support you to:



- Understand your rights.
- Tell people about the care you want.
- Be fully involved in your care planning.



- Get to meetings like Mental Health Review Tribunals.
- Prepare for any of these meetings.
- Understand decisions that are made about you at these meetings.



- Get the right support or services.
- Talk about the right care for you after you leave hospital.



- Make complaints about your experience and care.



- Make sure you get what the law says you should have.



The Independent Mental Health Advocacy service is free.

It works for you and is on your side.



If you choose to work with an IMHA, you have the right to end that support at any time.



How do I get an Independent Mental Health Advocate (IMHA)?

Our contact details

Telephone: 01473 857631

Email: info@totalvoicesuffolk.org