

Independent Mental Health Advocacy

Information for Relatives and Carers

An Independent Mental Health Advocate (IMHA) is a specific type of mental health advocate provided to qualifying patients under the revised Mental Health Act 2007.

Who is it for?

Who qualifies for an IMHA is set out in the Act and includes:

- Anyone detained under the mental health act, except for those on sections 135, 136, 4, 5(2), 5(4)
- Anyone on a Community Treatment Order or conditional discharge
- Anyone subject to a Guardianship
- Any patient discussing serious treatment such as neurosurgery or ECT for anyone under 18

What can they do?

An advocate can work with a patient to:

- Help them understand the Mental Health Act and the section they are on
- Give them information to understand their rights and how to exercise them
- Understand the treatment they are on or is being proposed
- Support them to be more involved in the decisions about their care and treatment
- Support and help represent **their views** at ward rounds, tribunals and other meetings

How to Contact us?

Relatives and Carers can refer someone to the service however we can only work with someone with their permission and our work with an individual is confidential only to them. To make a referral please contact us and leave the name and ward of the person you are referring.

- Ring us on the contact details given on our website and leave us the patient's name and ward / hospital they are on.
- e-mail us on: brightonimha@mindcharity.co.uk for people living in Brighton and Hove
- email us on wsusseximha@mindcharity.co.uk for people living in West Sussex



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