



We are

- **Independent**
We are not part of the Health Services
- **Confidential**
We do not share information without your permission unless you or someone else is at serious risk
- **Working for you**
We will not tell you what to do or make judgements

We do


- Keep brief records of what we do
- Welcome feedback, concerns, comments or complaints

Contact Advocacy Manager on **01273 66 69 50**
- Support people from any cultural background. We can arrange interpreters and translation services

This service is provided by
Mind in Brighton and Hove

For further information on our services and policies or if you would like the information in the leaflet in a different format please contact us at:

Tel: **01273 66 69 50**
Email: brightonimha@mindcharity.co.uk
www.mindcharity.co.uk

Funded by: 
Brighton and Hove

Mind in Brighton & Hove Independent Mental Health Advocacy Service

HELP • SUPPORT • REPRESENTATION



For better Mental Health

Whilst you are subject to the Mental Health Act, you may have questions about your rights, treatment and care. If so, an Independent Mental Health Advocate (IMHA) could help you.

All IMHAs are free and not directly involved in your care

What can we do?

- Help you be more involved in decisions about your care
- Explain how the Mental Health Act affects you
- Help you understand your rights and how to use them
- Help you get information about, and understand, any medical treatment you are being offered or given
- Support you and represent your views at:
 - Meetings
 - Ward Rounds
 - Mental Health Review Tribunals
- Talk to people involved in your treatment and care and find out information for you
- Look at your medical records, if you agree and give permission

HELP

Who is the service for?

- Anyone detained or sectioned under the Mental Health Act
- Anyone on a Community Treatment Order or conditionally discharged
- Anyone subject to Guardianship
- If you are an informal patient likely to be detained

If you are an informal or voluntary patient, you can still see an advocate

SUPPORT

Who can contact us?

- You can contact us directly
- A hospital member of staff
- Your nearest relative
- Other professionals who support you

Our service is confidential

How to contact us

If you would like to see an IMHA or find out about the service you can ring the number below or speak to a member of staff. We will contact you as soon as possible.

Ring us directly on **01273 66 69 50**

Email **brightonimha@mindcharity.co.uk**

REPRESENTATION