








**PROVISION OF INDEPENDENT MENTAL
HEALTH ADVOCACY (IMHA)**



To help you have your voice heard, your views and wishes genuinely considered when important decisions are made about your life.

OUR ADVOCATES CAN HELP YOU TO:


-  Understand and secure your rights
-  Find the information you need
-  Have your voice heard when communicating with professionals and services
-  Access services you need
-  Have a say about the care you receive
-  Develop your own skills, knowledge, and confidence for you to take control of your situation

Advocacy is independent, free and confidential







**If you want to find out more about how
the Cumbria IMHA Hub can help you
please give us a call;
0300 3030 622**

"I didn't know where to turn or what else to do. My advocate helped me see through the fog to work out what choices and rights I had."

THERE IS A DUTY TO PROVIDE ADVOCACY UNDER THE MENTAL HEALTH ACT

 If you are an adult and being restricted or detained under the Mental Health Act you are legally entitled to help and support from an Independent Mental Health Advocate (IMHA) whether you are a hospital patient, on a supervised Community Treatment Order or under a Guardianship

AN ADVOCATE WILL SUPPORT YOU TO UNDERSTAND:

-  The reasons for your detention and how to appeal against this
-  Your rights and safeguards under the Mental Health Act
-  Any conditions or restrictions that might apply
-  The medical treatment that you may be given for mental illness
-  The requirements that would apply with this treatment
-  Information relevant to your situation that you can understand

Our Advocates can support you to access your rights and the information you need. They can support you with liaising with staff, CPA's, Manager's Hearings and Tribunals.

You don't have to wait to be referred, get in touch if you would like to find out more;

Contact Details

Telephone: **0300 3030 622**

Email: referral@cumbriaimhahub.org.uk

Website: www.cumbriaimhahub.org.uk

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