

Independent Mental Health Advocate (IMHA) Easy Read Leaflet



Would you like to talk to an advocate about
your treatment and care?



You can get free Independent Mental Health Act (IMHA) support if:

- You have been in hospital under the Mental Health Act 1983
- You are on a conditional discharge
- You have a guardianship order
- You are on a supervised community treatment order
- You may be getting treatment under Section 57 or Section 58a
- You are under 18 and may be getting Electro-convulsive therapy



Our Onside advocates will work with you to make sure that you are treated fairly and with respect.

We are independent from the local authorities.

We will help to voice your views and wishes.

Our talks will be private.



Talk to us if:



- You feel confused about your situation
- You are unsure about your rights
- You don't know where to get information
- You find it hard to say how you feel

We provide a **free** advocacy service for people in hospital under the Mental Health Act 1983



How we can support you:

- Support you to understand your rights
- Explain what you can do (your options)
- Help you to understand information about your medical treatment
- Help you to request leave
- Help you find a Solicitor
- Help speak to medical staff about any worries or concerns you may have
- Complain if you have been poorly treated
- Support you with decisions about your aftercare



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