

St Helens Advocacy Hub

Independent Mental Health Advocacy (IMHA)

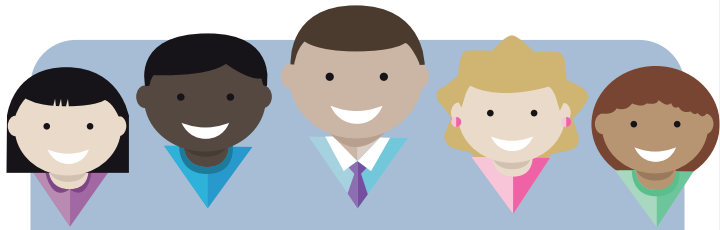
What is Independent Mental Health Advocacy?

If you are an adult and **restricted** or **being detained** under the **Mental Health Act**, you are legally entitled to help and support from an **Independent Mental Health Advocate**.

This applies to **hospital patients** and those who are on a Supervised **Community Treatment Order (CTO)** or under **Guardianship**.

Also eligible for an **IMHA** includes:

- Those being considered for section 57 treatment
- Under 18 and being considered for ECT



What do St Helens Advocacy Hub's IMHA's do?

An IMHA can support you:

- To be fully involved in your care planning
- Access to Mental Health Review Tribunals, preparing for them and understanding decisions made
- Access to other support or services
- Discussing appropriate aftercare
- How to raise concerns about your experience/care
- Exercising your rights

An IMHA will:

- Listen carefully to what you tell us about your views and feelings
- Support you to speak up or speak up on your behalf if needed
- Make sure you are fully involved in decisions being made about you

What does it mean 'being detained'?

Being **detained** under the Mental Health Act is when you are made to stay in hospital for assessment or treatment against your wishes

Being detained is called 'sectioned' because the law has different sections

Your rights depend on what section you are under

What is a Community Treatment Order?

A **Community Treatment Order (CTO)** allows a person who has been **detained** in hospital for treatment **to leave hospital** (discharge from detention) and get **treatment** in the **community**

What is Guardianship?

Guardianship is used to help you live outside of hospital. Your **guardian** (this could be your Local Authority or someone your Local Authority has agreed) can decide things for you, like where you live. Under **Guardianship** you should still be free to come and go



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What is the Mental Health Act?

The **Mental Health Act** is a law which tells people with a **mental health disorder** what their rights are and how they can be treated.

The term "mental health disorder" is used to describe people who have:

- A mental illness
- A learning disability
- A personality disorder

It is important that you know what happens to you when you are detained, what your rights are and where you can seek help.

The **Mental Health Act Code of Practice** tells everyone how to use this law and what they must do.



How can I make a referral?

Mental Health professionals have a **duty** to inform patients in their care and their nearest relative about the **IMHA** services available to them. These measures ensure that each patient who is entitled to receive **IMHA** support is aware of their right to approach the service.

Referrals to **IMHA** service are usually made by Health or Social Care professionals, however, **The St Helens Advocacy Hub** will accept **IMHA** referrals from the person themselves or family.



The St Helens Advocacy Hub' offers a **SINGLE POINT OF CONTACT** for all advocacy enquiries in the area

For more information or to make a referral:

Tel: 0300 3030 202

Website: www.ncompassnorthwest.co.uk

Email: referral@sthelensadvocacyhub.net

Online chat: <http://ncompassnorthwest.co.uk/what-we-do/advocacy-service>



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