

Your Independent Mental Health Advocate will

- listen to you
- explain your rights
- help you share your wishes and feelings about your care
- get your voice heard when decisions are being made

Our help is confidential and there is no charge.

We will only share information if we are worried you are at risk.

We are not part of the NHS or local authority.



Need someone to
listen to you,
speak for you,
respect your
wishes, explain
your rights and
help you get
heard?

Solent Mind IMHA service is funded by



Solent Mind
28 The Avenue
Southampton
SO17 1XN

www.solentmind.org.uk
t: 023 8020 8955
e: advocacy@solentmind.org.uk

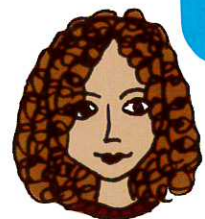


We're Solent Mind, we're here to
make sure anyone with a mental
health problem has somewhere to
turn for advice and support.

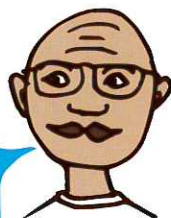
Your Independent Mental Health Advocate can help you



How can we help?



Can I have an Independent Mental Health Advocate?



Yes, if you're detained under the Mental Health Act



Who should tell me?



The hospital staff.



What do Independent Mental Health Advocates do?



Explain your rights, help you understand your treatment, and support you at meetings.



What if I don't want to see them?



Then you don't have to.



Can they tell me what to do?



No, they will just listen to what you say.



Can they change my treatment or care?



No, but they can help you tell people how you feel about it.



Will they tell anyone what we talk about?



They will only tell people what you said if you want them to, unless they are concerned that you or another person are at risk.

Your IMHA visits weekly or you can leave a message on 023 8020 8955