



Mind in Croydon Advocacy Service

To make a referral for a mental health advocate contact us on:

Tel: **020 8763 6730**

Email: advocacy@mindincroydon.org.uk

For other advocacy needs contact:

Tel: **0345 310 1812**

Email: referrals@advocacyforall.org.uk

Web: www.advocacyforcroydon.org



Charity No. 1073880

Your right to an IMHA - Easy Read

There is a law called
the Mental Health Act.
This law says when you
can be sent to hospital
or kept in hospital, even
when you do not want
to be there.

This is sometimes called
'being sectioned'.



The Law says you have
the right to help from
an Independent Mental
Health Advocate (IMHA).



An IMHA:

Works for you. They do not work for the hospital or social services. This means they are independent



Will not give out information about you to services unless you say it is OK. This is called confidentiality.

Will not charge you for their support. The service is free.

FREE



Will not make you work with them if you do not want to.

An IMHA will:



Listen to your views and wishes without judging you

Make sure your voice and views are heard.



Make sure you are fully involved in decisions being made about you.

An IMHA can help you to understand:

Your rights under the Law



Why you have been made to go into hospital



What treatments you might be given



Anything that you have to do, or are not allowed to do while you are in hospital



An IMHA can help you to:



Speak to the people treating you by going to meetings with you.

Appeal against being in hospital.



Get your medical records.