

An Independent Mental Health Advocate (IMHA) can support you to:

- ✓ Understand your rights under the Mental Health Act and support your nearest relative
- ✓ Make your views and wishes heard by the people involved in your care and treatment
- ✓ Prepare for meetings and in some cases attend them with you
- ✓ Understand and if necessary challenge any conditions or restrictions which apply to you
- ✓ Challenge your section through a Mental Health Tribunal or Hospital Manager's Hearing

If you have not been allocated an advocate, ask a member of ward staff to make a referral or to support you to make a self-referral.



**Cumbria
IMHA Hub**

Cumbria IMHA Hub

n-compass

T: 0300 3030 622

www.cumbriaimhahub.org.uk