

# An Independent Mental Health Advocate 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.

**Your Voice Counts**

T: 0191 478 6472

[www.yvc.org.uk](http://www.yvc.org.uk)