

## An Independent Mental Health Advocate can support you to:



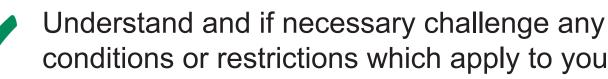
Understand your rights under the Mental Health Act and support your nearest relative



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



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