

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



**Cumberland
Advocacy Hub**

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.

Cumberland Advocacy Hub (People First)

T: 0300 303 8037

www.wearepeoplefirst.co.uk