

# Help when you're getting treatment under the Mental Health Act

We'll make sure you're heard



# This leaflet explains:



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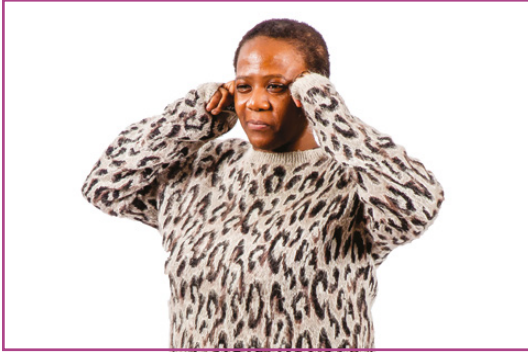


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# What is an advocate?



An advocate can help you have your say in decisions about care and treatment for your mental health.



An advocate is not part of a care or medical team.

An advocate is not part of the council.



You don't need to pay for an advocate.



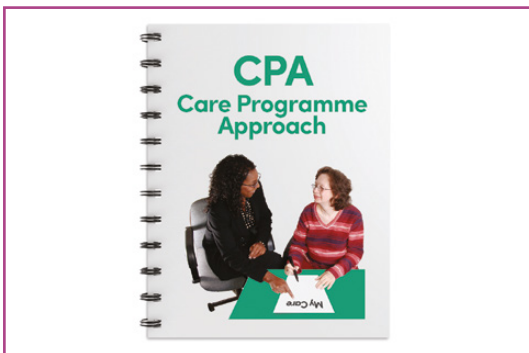
An advocate who helps people with mental health issues is called an 'Independent Mental Health Advocate'. This is sometimes shortened to IMHA.

# What does an advocate do?



An advocate can help you to:

- understand your rights



- understand what treatment you are getting
- understand why you are getting this treatment



- think about what you want and what you don't want
- tell people what you want and what you don't want



- talk to your care team about your needs





- understand what meetings will be about
- get ready for meetings



- complain if you are unhappy about your care or treatment



Advocates help to make sure that doctors listen to you.

This does not mean that doctors will always do what you want them to.



But an advocate will be on your side.

# If you don't agree you should be in hospital



If you are 'sectioned' in hospital, that means you're not allowed to leave. If you don't agree with this, speak to an advocate straight away.



An advocate can help you to get a solicitor, who may be able to help you appeal your section.

# Who can get an advocate?

The law says you have the right to support from an advocate if:



You are **detained under the Mental Health Act**. This might mean you have been 'sectioned' and you're not allowed to leave hospital.



You are **subject to Guardianship**

This means you are not in hospital and someone else can decide things for you, like where you live.



You have a **Community Treatment Order** or have been **conditionally discharged**

This means you are not in hospital, but the hospital has told you there are certain things you still have to do.



A doctor is deciding whether or not to give you a type of treatment called 'S57' 'S58' or 'Electro-Convulsive Therapy'.

# How to get an advocate



To get an advocate, talk to hospital staff or call us.

Our phone number is:  
0300 303 1660



You can also speak to us when we visit.  
Our advocates visit mental health wards regularly.