



advocacy
focus



Independent Mental Health Advocacy (IMHA)

Detained in hospital

Phone us on **0300 323 0965**

This guide has been written to meet
the UK Easy Read Standard

Independent Mental Health Advocacy

- Detained in Hospital

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1. About this booklet



IMHA



- This booklet explains what Independent Mental Health Advocacy (IMHA) is.

- It also explains what an Independent Mental Health Advocate does (also known as an IMHA).



- It is designed for people detained in hospital under the **Mental Health Act**. It may also be useful for your family, friends or carers.



- The company that provides your advocacy service is called Advocacy Focus.

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- Words in **bold** text are described in more detail at the end of the booklet.

2. What is Advocacy



Independent



Free



Confidential

- Advocacy is about helping you to speak up and get the support you need.
- An Advocate is a person who can help you to get your point of view across and be heard.
- They are **independent**. They do not work for social services, the NHS, or other health care providers.
- Their support is **free of charge**.
- You can meet with them in private, your discussion is **confidential**.

3. Independent Mental Health Advocacy



- Independent Mental Health Advocacy is about supporting you if you are or have been **detained** under the **Mental Health Act**.

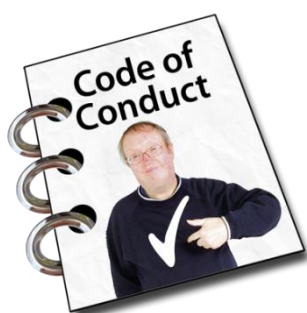


- An **Independent Advocate** that is specially trained in the **Mental Health Act** is called an Independent Mental Health Advocate or IMHA.

4. The Mental Health Act



- The **Mental Health Act** in England is the law that says that when you are **detained**, you must stay in hospital.



- There is a **Code of Practice** that explains how you should be treated.

5. Who can have an IMHA



- You have the right to an IMHA if you are,
 - **Detained** under certain sections of the **Mental Health Act**
 - **Conditionally discharged**
 - Subject to a **guardianship**
 - Subject to **Community Treatment Orders (CTOs)**.



- You do not have to have an IMHA but they can help in many different ways, you are not alone.

6. What an IMHA can do



- They can help you to understand your rights and be involved in decisions about your care and treatment.



- An IMHA can help you to understand
 - why you are in hospital
 - what you can and can't do
 - what medications you are taking
 - information you are shown
 - the rights of your nearest relative



- They can help you to prepare and be by your side for meetings such as
 - **Tribunals**
 - **Care Programme Approaches (CPA's)**
 - **Managers Hearings**



- They can help you to speak up and be heard.
 - Or they can speak for you, if you need them to.



- They can also help you to complain if you are unhappy.

7. What an IMHA cannot do



- Make decisions for you. They will only help you to decide what to do.



- Give you their opinion or say what they would do, if they were you.

8. What happens when you leave hospital



- An IMHA will continue to support you if you are discharged on
 - a **Guardianship**
 - a **Community Treatment Orders (CTO)**
 - a **Conditional Discharge**
- You can end the support from an IMHA at any time.

9. How we helped Miss Blackwell from Burnley

"When I was in hospital I was told I could have an Independent Advocate. I saw that they were helping others on the ward so I spoke to them and I was glad that I did. My Advocate was the right person for me to lean on. He helped me to have a fair chance to be heard in front of a lot of professional people. Before I had an Advocate I used to get frustrated in meetings and shout because I didn't know what to do to be listened to. My Advocate helped me to prepare for meetings so I would remain calm and made sure I didn't forget something I wanted to tell the doctor. I ended up having a better relationship with my doctor and I started to feel better. I may be able to go home soon."

10. Contact Advocacy Focus



- **Phone us on**
0300 323 0965
- **Text us on**
07886744634
- **Email us at**
admin@advocacyfocus.org.uk
- **Visit our website at**
www.advocacyfocus.org.uk

11. What do the words mean

In alphabetical order,

Approved Mental Health Professionals (AMHPs)

This can be health workers such as doctor, nurse or psychologist or a care professional such as a social worker or other persons who have been approved by a local authority.

Care Programme Approach (CPA)

The CPA is a programme of care designed to support your needs and to make sure you get what you need.

Code of Practice

The Code of Practice is a document that explains the Mental Health Act and tells people and services how to give you the right care.

Community Treatment Orders (CTO)

The doctor in charge of your care will put you on a community treatment order if specific requirements in the Mental Health Act are met. You can be discharged from hospital with conditions attached to the order.

Conditionally discharged

This means you no longer need to stay in hospital but there are rules you have to follow or you may be recalled (sent back) to hospital.

Confidential

The private information you share with us will remain private unless you tell us to tell someone, or the law says we must reveal it for your safety or the safety of others.

Detained (sometimes known as Sectioned)

To hold or keep someone in hospital even if they do not want to be there.

Free of Charge

The **Independent Advocate** service is free of charge, so you do not need to pay a penny.

Guardianship

A guardian is when a person is appointed to help and supervise a patient in the community.

Independent Advocate / Independent

An **Independent Advocate** is there to support you. They do not work for the NHS, any other health care providers or the local authority. This means that they can give unbiased support.

Manager's Hearing

This is a meeting where the people responsible for your care decide what care you should receive. You can also be present at this meeting, with your IMHA too.

Mental Health Act

This is the law about treating people with a mental health disorders and problems in England.

Responsible clinician (RCs)

This is the doctor who is in charge of your care.

Tribunal

A Mental Health Tribunal is an independent organisation with the power to discharge patients from detention, community treatment orders and guardianship.