

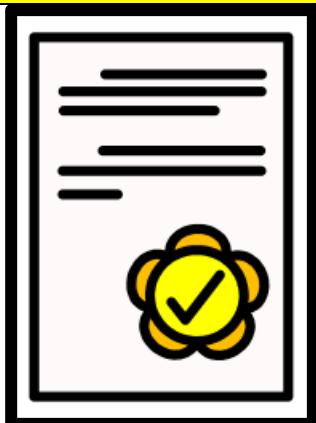


# **Independent Mental Health Advocacy – Easy Read**

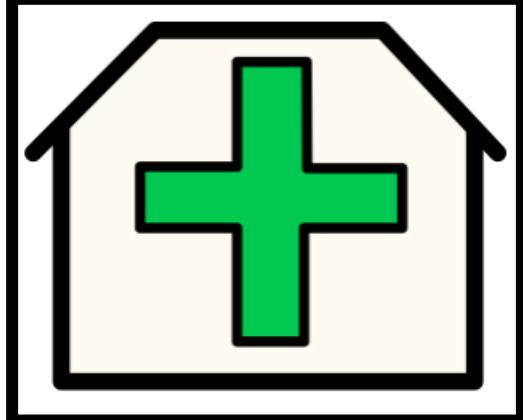
**Phone us on 0300 323 0965**

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

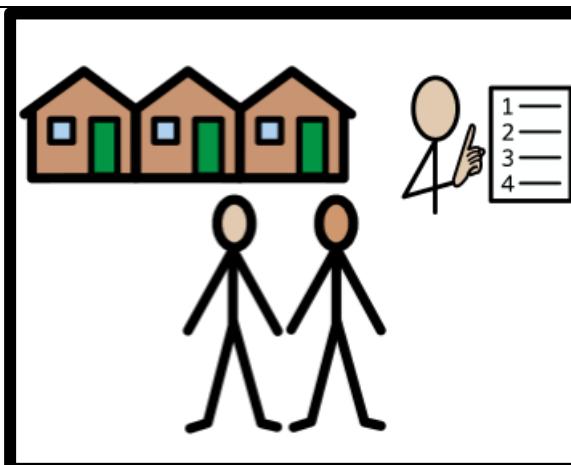
## What is the Mental Health Act?



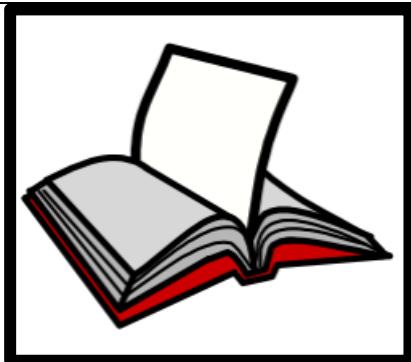
**The Mental Health Act** is a law in England.



It explains when someone can be kept in hospital.



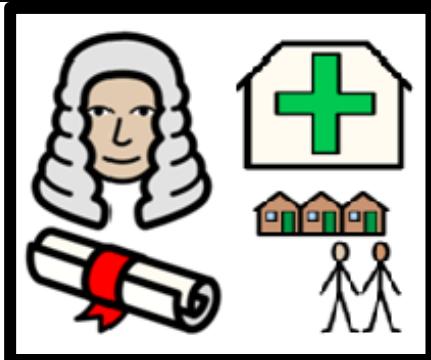
It also explains when they can live in the community with rules (**conditions**).



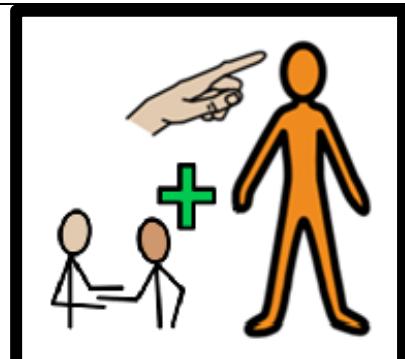
There is a Code of Practice that explains what professionals should do and how they should treat people.

### Who can get help from an IMHA?

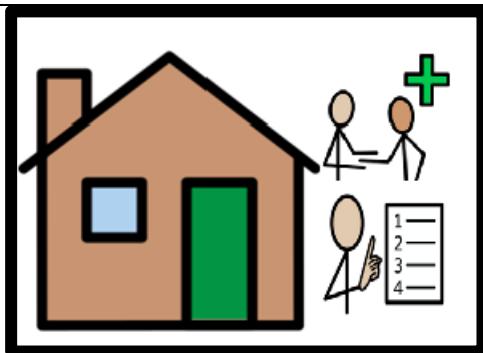
You can get help from an IMHA if you are:



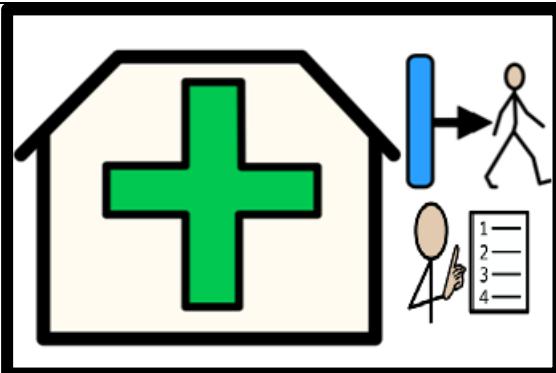
**Detained** under the **Mental Health Act** (there are some **Sections** where people might not be able to have an **IMHA**).



Subject to a **Guardianship**.



Subject to a **Community Treatment Order (CTO)**.



## Conditionally Discharged.



You can speak to an **IMHA** to see if they can help you.

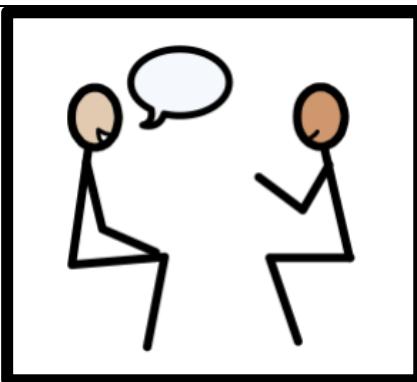


You do not have to have the help of an **IMHA** if you do not want it, but they might be able to help you.

## What is an Independent Mental Health Advocate (IMHA)?



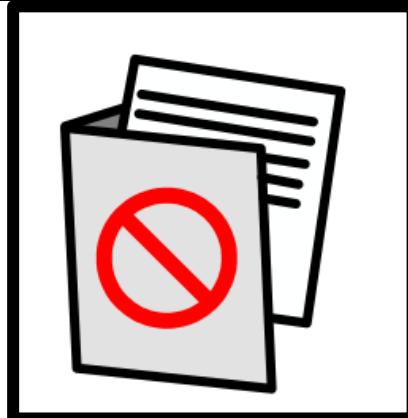
An **IMHA** is trained to help people who are in hospital or in the community and detained under the **Mental Health Act**. They do not work for the NHS or social services. They work for you.



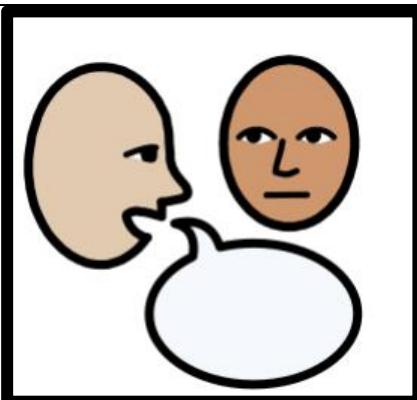
An **IMHA** will keep what you say private. They will not tell anyone unless you say it's okay.



They are free – you do not have to pay.

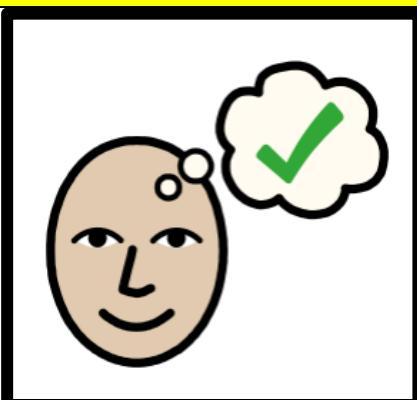


They will keep your information private, unless they need to share it to keep you or others safe.

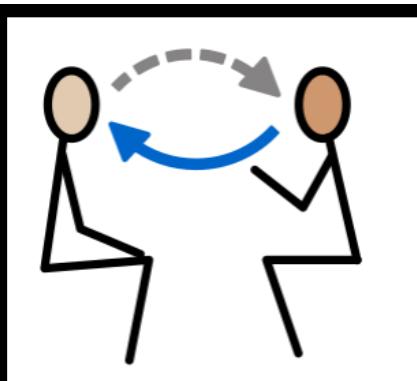


They will tell you when they share information.

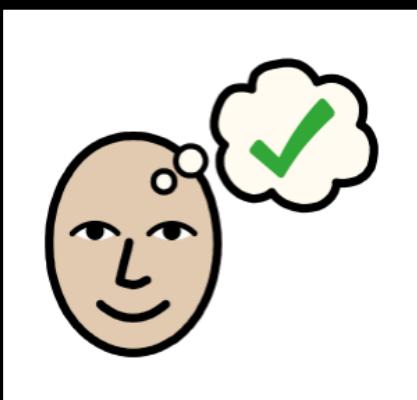
### An IMHA can help you to:



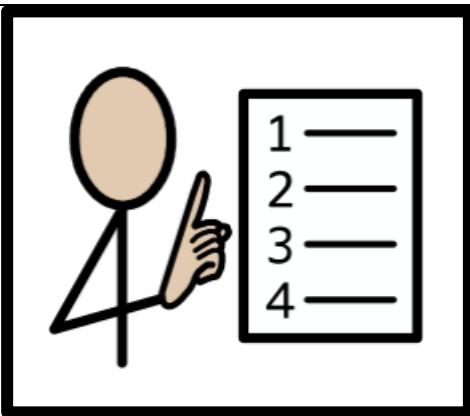
Understand your rights.



Be involved in decisions about your care and treatment.



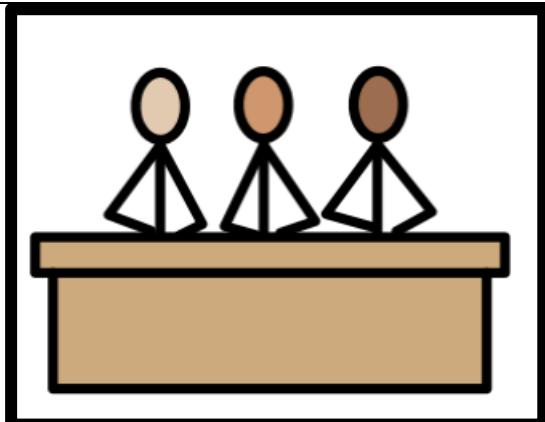
Understand why you are on a **Section** (a part of the **Mental Health Act**).



Understand any rules that might be in place.

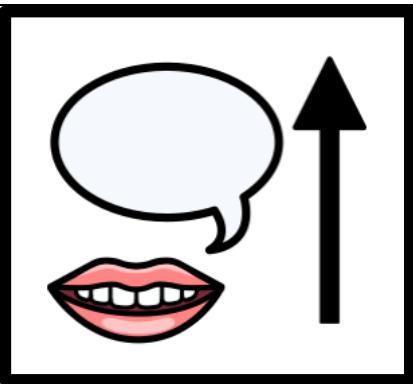


Get ready for meetings and go with you if you want.

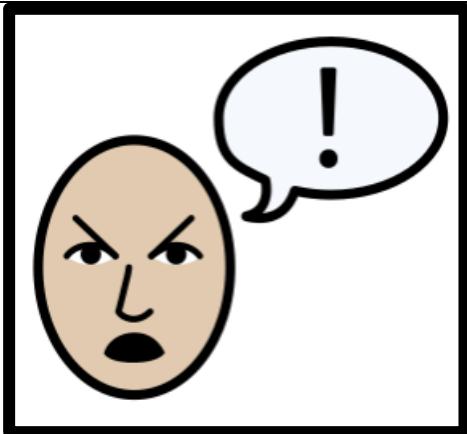


These meetings might be:

- **Tribunals**
- **Hospital Managers Hearings**
- **Care Programme Approach (CPA) meetings**
- **CETR (Care, Education and Treatment Review)**



Speak up or speak for you.



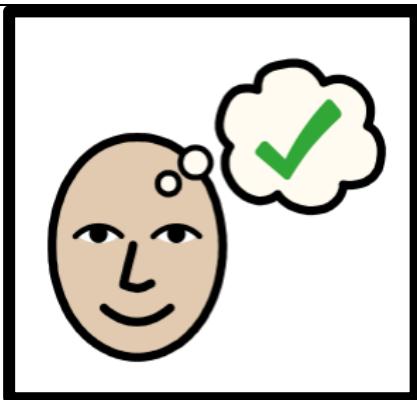
Help you complain if you are unhappy.



An **IMHA** cannot make decisions for you.



An **IMHA** cannot tell you what they would do if they were you.



An **IMHA** will help you understand your choices



If you would like an Advocate, you can ask your social worker or support worker to contact us. Or you can text us on 07886 744 634.

### Words Explained

**CETR (Care, Education and Treatment Review)** – A meeting for people who have a learning disability or who are autistic. It checks if your care is right for you.

**Community Treatment Order** – When you leave hospital, the doctor might give you conditions to follow to help keep you well. You can be sent back to hospital if you become unwell.

**Conditional Discharge** – If you were sent to hospital by a court after committing a crime, you may be allowed to

leave with rules to follow. These rules help keep you and others safe.

**Conditions** – Rules that help keep you well and may also help keep other people safe.

**CPA (Care Programme Approach)** – A plan that says what care and treatment you will get and who will help you.

**Detained** – Being kept in hospital under the Mental Health Act. You might also be in the community with rules (conditions) to follow.

**Guardianship** – To help you live safely in the community, a Guardian will say where you should live, go to appointments and see professionals.

**Independent Mental Health Advocate (IMHA)** – A person who helps you understand your rights and speak up. They are free and there to support you.

**Hospital Managers Hearing** – A meeting with a group of people who decide if you should stay **detained** under the **Mental Health Act**.

**Mental Health Act** – A law about how people with mental health conditions can be treated and what their rights are.

**Recall/Recalled** – This means you are sent back to hospital, usually because you broke the rules or became unwell.

**Section** – A part of the Mental Health Act that explains why someone is detained or has rules to follow.

**Tribunal** – A meeting with a group of people (a Judge, a doctor and another professional) who decide if you should stay detained under the Mental Health Act.