

# Independent Mental Health Advocacy

Norfolk



**POhWER**  
Voices Heard • Lives Empowered



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# Independent Mental Health Advocacy

If you are a patient who is subject to certain sections of the Mental Health Act 1983, in hospital or the community you may be entitled to help from an Independent Mental Health Advocate (IMHA). This service is free, independent and confidential.

This service is available to you if you are:

- Detained under the Mental Health Act (normally in hospital)
- Subject to Guardianship
- Subject to a Community Treatment Order (CTO)
- A conditionally discharged restricted patient

You may also be able to get support from an IMHA if you are an 'informal' (voluntary) patient being considered for certain types of treatment under the Act.

IMHAs are an additional safeguard for you when you are subject to certain sections of the the Mental Health Act.

IMHAs support you to understand your rights, access information and participate as much as possible in decisions about your care and treatment.

# What is an 'IMHA' and how can they help you?

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IMHAs are specialist advocates trained to work within the framework of the Mental Health Act to meet your needs.

IMHAs support you by providing information about:

- The parts of the Act that apply to you and your rights;
- the rights of other people in relation to you;
- the conditions or restrictions which you are subject to;
- any medical treatment you are receiving or might be given and any relevant safeguards.

IMHAs can also help you to exercise your rights, including by representing you or helping you to self-advocate.

An IMHA may help you at review meetings or hospital managers' hearings or help you to make applications to the Tribunal.

IMHAs can also provide non-instructed advocacy for you if you lack mental capacity to decide whether or not to get help from an IMHA.

# How to get in touch

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**Email** - [pohwer@pohwer.net](mailto:pohwer@pohwer.net)



**Telephone** - 0300 456 2370 (charged at local rate)



**Minicom** - 0300 456 2364



**Text** - send the word 'pohwer' with your name and number to 81025



**Skype** - [pohwer.advocacy](https://www.skype.com/pohwer.advocacy) (8am to 6pm Monday to Friday)



**Fax** - 0300 456 2365



**Post** - PO Box 17943, Birmingham, B9 9PB



**Website** - [www.pohwer.net](http://www.pohwer.net)



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## Access to information

- We provide leaflets and information in a variety of languages and formats including Easy Read, audio and DVDs
- We have access to translation and interpreting services
- We use communication toolkits, Makaton and other signing techniques

