

To find out more about the IMHA service you can contact us on:

Sandwell



Tel: 0121 612 8681



Fax: 0121 236 9953

You can write to us at:

Friendship IMHA Service
Hallam Street Hospital
Hallam Street
West Bromwich
B71 4NH



Email: contact-advocacy@longhurst-group.org.uk



Text: 60066 (start your text with fch)

For a different language or format, please contact us.

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить информацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بۆ ھەر زمانىكى تر بان ھەر شىۋازىكى تر، تىكايە پەيوەندىيىمان پىۋە بىكە

बिसे ही तिर ब्राम्हा नां तुप लष्टी विरथा वरवे सान्ने नाल संपतर वते।

Haddii loo baahdo luqad kale ama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তর্জমার জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

كسى ديگر زبان يا شكل كے ليے برائے مهربانى ہم سے رابطه كيجيے

IMHA - Independent Mental Health Advocacy



Friendship provide the IMHA service in Sandwell.

IMHA means **Independent Mental Health Advocacy**

An IMHA is a specialist advocate who can help you to:

- understand what the Mental Health Act means to you
- understand your rights
- make sure you get the things you have a right to
- understand your care and treatment
- be involved in decisions about your care and treatment
- be with you at meetings, such as ward reviews and tribunals
- say what you want about your care and treatment
- understand what people like doctors, nurses or social workers are saying to you
- find things out by talking to the people involved in your care and treatment
- look at your medical records, if you would like us to

Can I have support from an IMHA?

You have a legal right to support from an IMHA if you are:

- detained under the Mental Health Act*
- conditionally discharged
- subject to guardianship
- on Supervised Community Treatment (SCT).

How can I get the help of an IMHA?

- you can contact us yourself
- a relative or friend can contact us for you
- hospital staff can help you to contact us
- any other professional person can help you to contact us.

Do remember...

- You do not have to accept the help of an IMHA if you do not want it
- You can choose to stop having help from an IMHA at any time.

* This does not include being held under section 4, 5(2), 5(4), 135, 136