



What is an Independent Mental Health Advocate (IMHA)?

Factsheet 3

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Independent Mental Health Advocates (IMHAs) are specially trained advocates who support individuals detained under the Mental Health Act (MHA). This factsheet explains the role of IMHAs, how they can help, and how to access their support.

1. Role of an IMHA

- **Rights protection:** IMHAs help you understand and exercise your rights under the MHA.
- **Support in decision-making:** They ensure your views are heard during meetings and care reviews.
- **Access to information:** IMHAs can obtain information about your care and treatment, explain your treatment options, and help you make informed decisions.

2. How IMHAs can help

- **Attending meetings:** IMHAs can accompany you to care planning meetings and tribunal hearings.
- **Communicating your views:** They support you in expressing your wishes to your care team.
- **Explaining rights:** IMHAs clarify your rights related to detention, treatment, and discharge.

3. Who can access an IMHA?

- Individuals detained under specific sections of the MHA (e.g., Sections 2, 3, 37).
- People subject to guardianship or on a Community Treatment Order (CTO).
- Those being considered for serious medical treatment related to their mental health.

4. How to access an IMHA

- **Ask your care team:** Your care team is required to inform you about IMHA services.
- **Contact Your Voice Counts directly:** Reach out to our advocacy service to request IMHA support.

Key takeaway: IMHAs provide essential support to help you understand your rights, make your voice heard, and navigate decisions about your mental health care.

For more information on IMHAs and the MHA or to make a referral, please visit our website or contact our Central Support Team directly.



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