

# **About your Independent Mental Health Advocate (IMHA)**

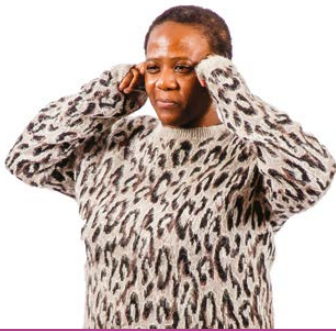


# About your Independent Mental Health Advocate (IMHA)



Your advocate is called an 'Independent Mental Health Advocate'.

This is usually shortened to 'IMHA'.

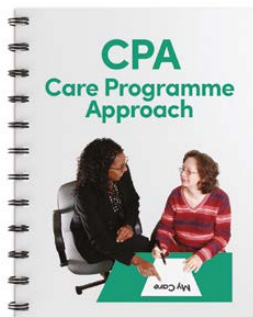


Your advocate can help you while you're getting treatment for mental health issues.



Your advocate can help you to:

- understand your rights



- understand what treatment you are getting
- understand why you are getting this treatment



- tell people what you want and what you don't want



- talk to your care team about your needs



- understand what meetings will be about
- get ready for meetings



- complain if you are unhappy about your care or treatment

# How to contact your advocate



Your advocate's name:

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Your advocate's telephone number:

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Your advocate's email:

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Notes:

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