




How do I find an IMHA?

Staff have a duty to make sure you understand that help is available to you from IMHA services and how you can get that help.

If you do choose to work with an IMHA, you have a right to end that support at any time you wish to.

You can contact us directly on 0300 222 5704 or you can speak to us confidentially when we visit your ward.

Contact us on:

 0300 222 5704

Textphone 07860 018481



Cambridge Office

Mount Pleasant House,
Huntingdon Road,
Cambridge, CB3 0RN

Peterborough Office

Total Voice, 27
London Road,
Peterborough,
PE2 8AN



tvcp@voiceability.org



0208 330 6622



www.totalvoicecp.org

Need this leaflet in another format?

Contact the Total Voice team
on 0300 222 5704
and we will help you to get the
information you need.

IMHA

 Independent Mental Health Advocacy Service

An independent mental health advocacy service for people who need support with their rights under the mental health act.



Free
Independent
Confidential

TotalVoice

Cambridgeshire and Peterborough

VAL93

VoiceAbility Charity number 1076630.
Company number 3798884.
CDA Charity number 1062578.
NYAS Charity number 1012485.





What is IMHA?

If you are detained under a Mental Health Section, are on a Supervised Community Treatment Order or under Guardianship you are legally entitled to support from an independent advocate.*

Advocates can support you with understanding and getting information about your rights under the Act, the parts of the Act that apply to you, and the medical treatments you may be given.

*Exclusions apply; call the Total Voice team for details.

We will:

Listen carefully to what you tell us about your views and feelings

Support you to speak up or speak up on your behalf if needed

Make sure you are fully involved in decisions being made about you

We will close your case when the work is finished.

This information is available in other languages. Please contact us for a copy:



An IMHA can support you with:

- Being fully involved in your care planning
- Your access to Mental Health Review Tribunals, preparing for them and understanding decisions made
- Your access to other support or services
- Discussing appropriate aftercare
- How to raise concerns about your experience/care
- Exercising your rights.

The IMHA service is:

- Totally free
- Confidential
- Totally independent.