



Independent Mental Health Advocacy



This service is available in Brighton and Hove.
Based at Mill View Hospital, Hove,
Monday - Friday

Independent Mental Health Advocacy

As part of the Sussex Advocacy Partnership Mind in Brighton and Hove deliver the Independent Mental Health Advocacy Service (IMHA). This service supports people in Brighton and Hove who have been sectioned under the Mental Health Act.

Our Independent Mental Health Advocacy Service can help you to understand your situation. We can provide you with options to access relevant support and understand the choices you have.

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

We offer free, confidential, professional and independent advocacy services to help people understand their rights, be treated as equals and be heard.

If you are sectioned you have a legal right to receive information and support from an Independent Mental Health Advocate, also referred to as an 'IMHA'.

You can use this service if you are:

- currently being detained under certain sections of the Mental Health Act
- subject to Guardianship or a Community Treatment Order
- considering certain treatments which have been suggested to you

How your advocate can support you:

- explain what is happening to you, your rights and treatment options
- help prepare and support you at meetings, including appeals, ward rounds, Care Plan Approach meetings (CPA), and tribunals
- Help you tell people what you want or need
- help you access your medical and local authority records
- Speak on your behalf if you don't feel able to.

How to contact us:



telephone - 0300 456 2370 (charged at local rate)



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



email - pohwer@pohwer.net



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



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