

## How do I contact the IMHA Service?

You can ask for an IMHA yourself by contacting the service directly. You can be referred by anyone including medical staff, social care staff, your nearest relative or family.

The medical or social care team should do everything possible to ensure you understand the IMHA support available and how to access it as soon as you are admitted to hospital and recognised as eligible for the service.

They should also give information to your family, unless you request otherwise. You get to choose whether to receive an IMHA's support and can change your mind at any time.

Full contact details are given on the back page of this leaflet.



## Mental Health Matters Wales

Mental Health Matters Wales provides the Independent Mental Health Advocacy Service for Caerphilly, Blaenau Gwent, Torfaen, Newport and Monmouthshire.



### Contact:

IMHA Service  
Mental Health Matters Wales  
Ground Floor  
Unit 5, De Clare Business Park  
Pontygwindy Road  
Caerphilly CF83 2WA

**Tel:** 029 2088 8901 or 029 2085 2750

**Fax:** 029 2088 9765

**Email:** [imha@mhmwales.org](mailto:imha@mhmwales.org)

**www.mhmwales.org**



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Aneurin Bevan  
Health Board



## Independent Mental Health Advocacy (IMHA) Service

A guide for  
Qualifying Patients

May 2012

# What is the Independent Mental Health Advocacy (IMHA) Service?

The Independent Mental Health Advocacy (IMHA) Service provides independent advocates for people who are in hospital who are being assessed or treated for their mental health. IMHAs can also provide advocacy support for people living in the community who are conditionally discharged, subject to guardianship or a Community Treatment Order (CTO).

The IMHA Service is a statutory service which can support you while you receiving care for your mental health, whether you are in a specialist mental health unit or a general hospital setting. An IMHA is a trained and experienced advocate who is on your side and can work with you around your care and treatment.

The IMHA Service is:

- Free
- Confidential
- Independent of Health
- Independent of Social Services

