

**IMHA OFFICE – AWW**

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**YOUR ADVOCATE IS:**

# IMHA SERVICE FROM



**01267 223197 (Carmarthenshire)**

**Or**

**01437 762935 (Pembrokeshire and Ceredigion)**

As a patient on this ward you are entitled to **FREE, INDEPENDENT** and **CONFIDENTIAL** support from an Independent Mental Health Advocate (IMHA).

**Your advocate does not work for the hospital or local authority.**

She/he works for a charity called AWW that offers the **IMHA** service throughout **Carmarthenshire, Pembrokeshire and Ceredigion.**

**IMHAs will:**

- Listen to what you want to say.
- Discuss options and agree actions with you.
- Research and gather information.
- Review options with you in light of information received.

The role of the **IMHA** is to help people communicate with an effective voice to enable them to influence decisions that affect their lives.

An IMHA can:

- Explain how the Mental Health Act affects you.
- Provide you with information on rights and help you understand how to use them.
- Help you get information about and understand any treatment you are being offered and/or given.
- Support you to put your views across at care planning and other important meetings like ward round.
- Offer support should you need to challenge a decision or make a complaint.