

# Independent Mental Health Advocacy



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

# Independent Mental Health Advocacy

**POhWER provides an advocacy service for people 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.

**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

**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'.**

## **How your advocate can support you:**

- ✓ explain what is happening to you and your rights
- ✓ help prepare and support you at meetings, including appeals, ward rounds, Care Plan Approach meetings (CPA), and tribunals
- ✓ help you to communicate with staff
- ✓ help you access your medical and local authority records



**This service is available to  
Essex and Southend residents.**

**To find out about these services or to discuss a  
referral, please call us on**

**0300 456 2370**

**or see the back of this leaflet for all the ways you  
can contact us.**

## How to contact us:



telephone - 0300 456 2370 (charged at local rate)



minicom - 0300 456 2364



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



email - [pohwer@pohwer.net](mailto:pohwer@pohwer.net)



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



fax - 0300 4546 2365



post - PO Box 14043, Birmingham, B6 9BL

website - [www.pohwer.net](http://www.pohwer.net)



Follow us on Twitter @POhWERadvocacy

### Access to information

- We provide leaflets and information in a variety of languages and formats, Easy Read, audio and DVDs
- We have access to translation and interpreting services
- We use communication toolkits, Makaton and other signing techniques

