



# **Independent Mental Health Advocacy in Dorset, Bournemouth, Christchurch & Poole**



## **Easy Read Guide**



## What is Independent Mental Health Advocacy?



**SWAN provide an advocacy service for people who have been sectioned under the mental health act.**



**Our Independent Mental Health Advocacy services can help you understand what is happening.**



**We can provide you with details  
Of the people who can support  
you.**



**We can help you understand the  
choices you have and what your  
rights are.**



## Who can use our IMHA service?



Anyone who is detained under a section of the mental health act and in a mental health hospital.



If you are under a Guardianship or a Community Treatment order.



Thinking about treatment that has been suggested to you.



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



**Who can use our IMHA service?**



**They can explain what is happening to you and what your rights are.**



**They can help to prepare for and support you at meetings and ward rounds.**



**They can communicate with your care team, and support you to raise complaints.**



**They can help you to get your medical and local authority records and to speak to a lawyer.**



## **Advocacy**

**This is about understanding your rights and choices.**



## **Advocate**

**An advocate can help you get your voice heard and help you to understand what is happening.**



## **Guardianship**

**Guardianship means that someone is given power to make certain decisions about your life. This can be someone from your family, someone from social services, or someone chosen by social services.**



## **Community Treatment Order**

**This is where the Mental Health Act allows sectioned patients to live in the community with an agreed treatment plan.**



## **Section:**

**This is the power of the Mental Health Act used to keep people in hospital in order to assess them and treat a mental health condition.**



## Contact us:



**Phone us on:**

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**Send us an email to:**

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