

How to make a referral

If you are making a self-referral, please fill in your details on the other side of this page and send it back to:

Enquiries
Your Voice
49 Bank Street
Carlisle
Cumbria CA3 6HU

or email us at:

enquiries@yourvoicecumbria.org

or call us on:

0300 012 0103

We will be in touch with you within 5 working days of receiving your referral, but we will try to contact you much sooner.

We also accept referrals from professionals on behalf of an individual who is eligible for an IMHA.

If you are making a referral on behalf of an individual because you think they are eligible for an IMHA, please be aware that we will only accept that referral if the individual consents or agrees to advocacy unless non-instructed advocacy is required.

Please contact us to make a referral or for further information on: 0300 012 0103 or email us for a referral form at: enquiries@yourvoicecumbria.org

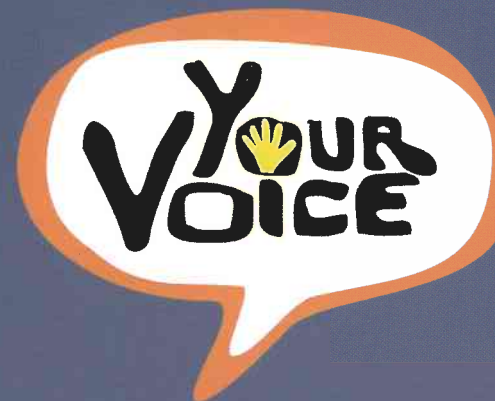


Your Voice also offers other types of advocacy including:

- Specialist mental health advocacy for informal patients and those in the community who access mental health services across Carlisle, Eden and Wigton.
- Young person's advocacy for 10-18 year olds experiencing emotional distress in Carlisle and Eden.
- Clinical Supervision to organisations from an advocacy perspective.
- Advocacy awareness training.
- Mental health act and other information leaflets.



by your side - on your side



Independent Mental Health Advocate (IMHA)

by your side - on your side

free
confidential
independent
advocacy



What is advocacy?

- Advocacy can help you to express your views and raise concerns regarding treatment, medication and care packages and can help you to challenge decisions being made about you.
- We will always be on your side and help you to raise issues you want others to hear
- Advocacy helps people exercise more control over the choices and decisions that may have a big impact on their lives.
- Advocacy will listen without judgment and give information, help fight for your rights and help you to understand your situation with the aim of working towards empowerment



What is an IMHA?

An IMHA is an Independent Mental Health Advocate.

This is a free, independent and confidential scheme. If you are detained under the Mental Health Act, (there are some restrictions) you have a legal right to an IMHA who can attend ward rounds, mental health review tribunals and other important meetings with you. You can stop working with the IMHA at any time

An IMHA has the right to:

- Visit and meet with you in private
- Consult with any person professionally concerned with your medical treatment, but only if you want us to
- Access records relating to your detention, treatment, after-care services, or records held by a local social services authority which relate to the patient, but only if you want us to.



by your side - on your side

How to make a referral?

- Do you need help speaking up in meetings?
- Would you like to know more about your rights when detained under the Mental Health Act?
- An Independent Mental Health Advocate (IMHA) can help with this and lot's more!

You can make a self referral by filling in the information below and give this form to the IMHA visiting your ward or to someone you trust to give to us. You can also post it to us, call us or email us using the details on the back of this page.

Self referrals

Your name:

Contact number:

Ward detained to:

If you are under a CTO (Community Treatment Order) please provide your home address:

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