



Independent Mental Health Advocacy in Hertfordshire



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

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



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



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

