



Supporting people with their mental health

Advocacy supports people to be more involved
in decisions about their care and treatment



Know
their
rights

Prepare
for
important
meetings

Voice
their
wishes
and
feelings

Raise
concerns
and
complaints



We help people to live the lives they want to live

How we help people

The Mental Health Act 1983 (amended 2007) introduced the statutory role of an Independent Advocate to provide practical support to people:

- Detained under Section 2 or 3
- Subject to a Guardianship or Community Treatment Order (CTO)
- Being considered for a Section 57, 58 or 58A treatment, (including Electroconvulsive Therapy)
- Detained on a Section 37 or 37/41

An Advocate can help someone to:

- ✓ Understand their rights and restrictions
- ✓ Understand the treatment process
- ✓ Appeal against their detention
- ✓ Raise concerns or make a complaint
- ✓ Prepare for and attend important meetings:
 - Care Programme Approaches (CPAs)
 - Tribunals
 - Hospital Managers' Hearings

You can
self refer
for mental
health
advocacy

“ My Advocate helped me to understand what was happening to me and take back control of my recovery. ”

*Name has been changed

- Sonya *

Who we are

- We are a charity providing person-led advocacy since 1998
- Our service is high quality, confidential and free
- We are independent of local authorities, the NHS and Social Services.



Charity Number 1086151



Chat to an Advocate online now

www.advocacyfocus.org.uk



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