



# INDEPENDENT MENTAL HEALTH ADVOCATE EASY-READ GUIDE

Together for Mental Wellbeing  
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## What is an Independent Mental Health Advocate?

<p>Our Advocate is called an Independent Mental Health Advocate</p>	
<p>Your Advocate can help you when you are in hospital getting treatment for Mental Distress.</p>	
<p>Your Advocate can help you to understand your rights</p>	
<p>And help you to understand why you are getting treatment</p>	

The Advocate will help you to tell Doctors and Nurses what you do want and what you don't want.



The Advocate will help you to understand what meetings are about.



Your Advocate will help you to complain if you are unhappy about your treatment

