

## We can help you with...

# Independent Mental Health Advocacy (IMHA)

In Wales, you are legally entitled to an Independent Mental Health Advocate (IMHA) if you are

- Detained in hospital under the Mental Health Act (except sections 135 & 136)
- Subject to a Community Treatment Order or Guardianship
- An informal in-patient in any hospital or registered establishment, being treated or assessed for a Mental Health Condition

Understanding your legal rights

Medication and care



Ward rounds

Leave and discharge



Care plan meetings

Seeing your medical records



Talking to hospital staff

Complaints and compliments



Any other concerns

## Get in touch today to



**Advocacy Support Cymru (ASC)**

Charterhouse 1, Links Business Park,  
Fortran Road, St Mellons,  
Cardiff, CF3 0LT

Tel: 029 2054 0444

Fax: 029 2073 5620

Email: [info@ascymru.org.uk](mailto:info@ascymru.org.uk)

[www.ascymru.org.uk](http://www.ascymru.org.uk)



Advocacy Support Cymru (ASC) provides free, independent and confidential advocacy



**CHOICES • INFORMATION • RIGHTS**

## Eiriolaeth Iechyd Meddwl Annibynnol (IMHA)

Yng Nghymru mae gennych hawl cyfreithiol i Eiriolydd Iechyd Meddwl Annibynnol (IMHA) os ydych yn

- Cael eich cadw mewn ysbyty dan y Ddeddf Iechyd Meddwl (heblaw adrannau 135 a 136)
- Ddarostyngedig i Orchymyn Triniaeth Gymunedol neu Warcheidwaeth
- Claf mewnol anffurfiol mewn unrhyw ysbyty neu sefydliad cofrestredig, yn cael eich trin neu eich asesu am gyflwr iechyd meddwl



Mae Cefnogaeth Eiriolaeth Cymru (ASC) yn rhoi eiriolaeth annibynnol a chyfrinachol yn rhad ac am ddim



## Gallwn eich helpu gyda...

Deall eich hawliau cyfreithiol

Meddyginiaeth a gofal

Rowndiau ward

Amser rhydd a rhyddhau

Cyfarfodydd cynllun gofal

Gweld eich cofnodion meddygol

Siarad gyda staff ysbyty

Cwynion a chanmoliaeth

Unrhyw bryderon eraill



## Cysylltwch heddiw i gael



### Cefnogaeth Eiriolaeth Cymru (ASC)

Charterhouse 1, Parc Business Links,  
Heol Fortran, Llanelwyrwg,  
Caerdydd, CF3 0LT

Ffôn: 029 2054 0444

Ffacs: 029 2073 5620

E-bost: [info@ascymru.org.uk](mailto:info@ascymru.org.uk)

[www.ascymru.org.uk](http://www.ascymru.org.uk)

