

SUBJECT TO POWERS OF THE MENTAL HEALTH ACT?

Find it **difficult to say what you think**, want, or mean to professionals?

Feel like you are **not being heard** in decisions that affect your life?

Need assistance to **discuss the options and choices** open to?

Want **support** at ward rounds, Care Programme Approach (CPA) or care plan **meetings**?

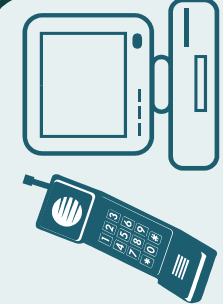
Want support to **appeal** your section or Community Treatment Order?

Unhappy with your **treatment, medication** or **care plan**?

Want to know your **rights** under the Mental Health Act and how to enforce them?

Think you want to **complain** but not sure how or afraid of potential consequences?

IN THESE SITUATIONS AND OTHERS, YOU MAY FIND THE SUPPORT OF AN INDEPENDENT MENTAL HEALTH ADVOCATE (IMHA) HELPFUL. CONTACT US TO SEE IF WE CAN HELP YOU.



**Donna
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Call, text or email.
I will reply to your enquiry within two working days.
Referral forms (for professionals) are available from our website www.matrixsdt.com

Pick up a leaflet for more info.



Not the Advocacy Service you're after or don't fit the criteria?
Matrix operates a range of advocacy services so may still be able to assist you. Alternatively we may be able to link you to services in your area. Contact us.