

How to contact us:



telephone - 0300 456 2370 (charged at local rate)



minicom - 0300 456 2364



text - send your name and number to 81025



email - pohwer@pohwer.net

Skype - pohwer.advocacy



Fax - 0300 456 2365



Post - PO Box 14043, Birmingham, B6 9BL

For more information, please visit our website at
www.pohwer.net

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.

Mental Health Advocacy in Birmingham



We offer free, confidential and independent mental health advocacy services to help people understand their rights, be treated as equals and be heard.

Mental Health Advocacy Services

POhWER provides advocacy services for people who need support because of problems with their mental health.

One in four people in Britain will experience a form of mental health problem. These problems can range from stress and anxiety to longer term mental illness.

A problem with your mental health can affect the way you think, feel and behave.

POhWER advocacy services can help you to understand your situation. We can provide you with options to access relevant support and understand the choices you have.

The type of service you need depends on your situation:

Independent Mental Health Advocacy (IMHA)

This service is for people who have been sectioned under the Mental Health Act.

You can use this service if you are:

- currently 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 (IMHA) can support you:

- explain what is happening to you and your rights
- help prepare and support you at meetings, including appeals, ward rounds and care plan assessments (CPA).
- help you to communicate with staff.

Community Mental Health Advocacy

This service is for anyone living in the community that would like support because of their mental health.

You can use this service if you:

- have been diagnosed with a long or short term mental illness
- are a voluntary patient in a hospital (if you are under section you may be entitled to an IMHA)
- are already using, or would like to use support services in your area.

Your advocate can help you to:

- understand your rights and choices
 - express your feelings and concerns to professionals involved in your care
 - access mental health and voluntary services in the community
 - prepare for meetings that affect care and treatment
 - provide support when plans are being made for discharge.
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*These services are available to
Birmingham residents.*

To find out about these services or to speak to someone about your situation, please call us on

0300 456 2370

**or see the back of this leaflet for all the ways
you can contact us.**