

How can  
Independent Mental  
Health Advocacy  
help you?



**eima  
imha**



**An IMHA is a trained and experienced advocate. They are independent, which means that they are separate from your medical and social care teams and work for a different organisation.**



**An IMHA will not tell you what they think is right for you, but help you to decide what you want to do. They only act on your instructions and do not judge you. IMHAs can also work with people who are unable to give instructions.**

To find out more about North Wales IMHA in your area contact the following numbers:

Gwynedd and Ynys Môn  
**01248 354127**

Conwy and Denbighshire  
**01745 816501**

Flintshire and Wrexham  
**01352 759175**

The IMHA service is independent, free, confidential and non-judgemental

## Official stuff...

### Compliments or complaints

The IMHA service values the comments and feedback of those who use the service. Please speak to your advocate or ring one of the numbers above for details of how you can do this.

