# IMHA (Independent Mental Health Advocacy)

## Know your rights. Have your say. It’s your mental health.

### Are you on a compulsory treatment order?

If you’re receiving compulsory treatment, it can be a lonely and distressing experience. It might feel like no-one is listening to you.

Our independent advocates can:

* listen to what you want and talk to you about your options
* give you information and support to act on your rights
* work with you so you can have your say
* refer you to other services if you need.

We will contact you if you are receiving compulsory treatment, unless you have told us not to.

### Our service is independent, free and confidential.

We will organise an interpreter for you.

Phone 1300 947 820 9.30am to 4.30pm, seven days a week

Email contact@imha.vic.gov.au

[Independent Mental Health Advocacy](https://www.imha.vic.gov.au/) (www.imha.vic.gov.au)

Call 1800 959 353 to hear a free recording of your rights.